MVRRELS TVVO BOOKS OF COOKERIE AND CARVING.

The fifth time printed with new Additions.

LONDON,
Printed by *M.F.* for IOHN MARRIOT, and are to be sold at his Shop in Saint Dunstans Church-yard in Fleet-street. 1638.

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A NEVV BOOK OF COOKERIE.

Wherein is set forth a most perfect direction to furnish an extraordinary, or ordinary feast either in *Summer or Winter.*

Also a Bill of Fare for Fish-dayes, Fasting-daies, Ember-weekes, or Lent.

And likewise the most commendable fashion of Dressing, or Sowcing, either Flesh, Fish, or Fowle: for making of Gellies, and other Made-dishes for service, to beautifie either Noblemans or Gentlemans Table.

Together with the best and newest Art *of Carving and Sewing.*

All set forth according to the now new *English and French fashion:*

By IOHN MVRRELL.

G.SIEEVENS

TO

THE VERTVOVS and well accompliſhed Gentlewoman Mris *Martha Hayes* (Daughter to the honorable Sr *Thomas Hayes* Knight, late Lord Maior of the City of *London:*) health and happineſſe.

OF this *Name* and *Nature* (worthy Gentlewoman,) many ſmall *Books* and *Pamphlets* have heretofore beene publiſhed the moſt of which nevertheleſſe have inſtructed rather how to marre then make good Meate: but this (in

credit of my knowledge, and strict observation in Travell) is experimentally such as it pretends to bee in the Title Page thereof. Whereof I can say but this, and this it will perform for the sayer, That it gives each Meat his right for the manner of dressing; Each dish his due, for the order of serving: and both good proofe of my desire to please and profit in the publishing. So, referring it to your worthy perusall, and my selfe to your favourable opinion, I ever remaine.

London, July, 20 1630

Yours, no lesse humbly then truly devoted.

IOHN MVRRELL

The first Booke of Cookery.

BY reason of the generall ignorance of most men in this practise of Catering, I haue set downe here a perfect direction how to set forth an extraordinary Diet for the Summer season, when these things mentioned may easily be had. It serueth also for a Direction for a Bill of fare: and also for a perfect direction for the seruing of dinner orderly, twenty Dishes to your first Messe, and as many to the second Course to the same Messe, and ten to the third Course: so that in all you haue fifty dishes to your Messe. For the boords end you may leaue out some of the costliest dishes: if you haue ten or twelue for the boords end it is sufficient. If you cannot come by all these things named, then you may place some other thing at your discretion in the place, so that it be not grosse meate, for grosse meat disgraceth the Feast.

Also, another Direction for another ser-
uice for the Winter season, of twenty Di-
shes to the first Messe, and as many to the
second Course to the same messe: so that
in al there be forty Dishes to the messe al-
though it be contrary to the other seruice
of the Summer season. And you may take
of these meates half so many to the bowds
end, and it will be sufficient both for the
first and the second: but if your persons be
of equall dignitie, then serue your first
Messe, and the bowds end, all as one alike
equally.

A third Direction for a common ordinary
Seruice of ten or twelue dishes to a messe
to your first Messe, and as many to the se-
cond Course to the same Messe, so that in
all there will bee twenty dishes to your
Messe: but to your bowds end sixe or eight
according as your boord will hold. If any
of these meates named be wanting, then
you may place some other that you haue
ready at hand.

These Directions serue both for a Bil
of fare, and to serue out your meat in good
order: it is also a direction to young practi-
tioners which vnderstand not these busi-
nesses.

A Bill of service for an extraordinary Feast for Summer season, 50. dishes to a Messe.

1 A Grand Sallet,
2 A boyld Capon.
3 A boyld Pike.
4 A dish of boyld Pea-chickens, or Partridges, or young Turky-chicks.
5 A boyld Breame.
6 A dish of young Wild-ducks.
7 A dish of boyld Quailes.
8 A Florentine of Puff-paste.
9 A forced boyld meate.
10 A hanch of Venison roasted.
11 A Lomber Pye.
12 A Swan.
13 A Fawne or Kid, with a pudding in his belly, or for want of a Fawne you may take a Pigge and fley it.
14 A Pasty of Venison.
15 A Bustard.
16 A Chicken Pye.
17 A Phesant or Powtes.
18 A Potato Pye.
19 A Couple of Caponets.
20 A set Custard.

Th second Course.

1 A Quarter of a Kid.
2 A boyled Carpe.
3 A Heron or Bittor.
4 A Congers head broyled, or Trouts.
5 A Hartichoake Pie.
6 A dish of Ruffes or Godwits.
7 A cold baked meate.
8 A sowst Pigge.
9 A Gull.
10 A cold bakte meat.
11 A sowst Pike, Breame, or Carpe.
12 A dish of Partriges.
13 An Orengado Pye.
14 A dish of Quailes.
15 A cold baked meat.
16 A fresh Salmon, Pearch, or Mullet.
17 A Quodling Tart, Cherry, or Gooseberry Tart.
18 A dryed Neates-tongue.
19 A Iole of Sturgeon.
20 A sucket Tart of puffe-paste.

The

The third couse for the same Messe.

1 A Dish of Pewets.
2 A dish of Pearches.
3 A dish of green pease, if they be dainty.
4 A dish of Dotrels.
5 A dish of Hartichoakes.
6 A dish of buttered Crabs.
7 A dish of Prawnes.
8 A dish of Lobstars.
9 A dish of Anchoues.
10 A dish of pickled Oysters.

Another direction for a Bill of fare for Winter season, and also serveth to set forth your meat in order.

1 A Shield or Collar of Brawne.
2 A Sallet.
3 A boyled Capon.
4 A boyled Gurnet.
5 A boyled Mallard.
6 A forst boyld meate.
7 A roasted Neates tongue with a pudding in it.
8 A made dish of puf-paste.

9 A Shoulder of Mutton with Olives and Capers.
10 A Chine of Beefe.
11 A dish of Chewets of Veale.
12 A Swan or Gowse.
13 An Olive-Pie.
14 A Pigge.
15 A Loyne of Veale or a Legge of Mutton.
16 A Larke or a Sparrow-pye.
17 A Turkey.
18 A Pastie of Venison.
19 A Capon.
20 A Custard.

The second course for the same Messe.

1 A Young Lambe or Kid.
2 A couple of Rabbets.
3 A Kickshaw fryed or baked.
4 A roasted Mallard.
5 A brace of Partriges.
6 A Chicken Pye.
7 A brace of Woodcockes.
8 A couple of teales.
9 A cold baked meate.
10 A dish of Plouers.

11 A

11 A diſh of Snites.
12 A cold baked meate.
13 A diſh of Larkes.
14 A Quince or Warden-Pye.
15 A dride Neates-tongue.
16 An Oyſter-Pie.
17 A diſh of Puffes.
18 A Iole of Sturgion.
19 A laid Tart of Pukpaſte and ſucket.
20 A diſh of pickled Oyſters.

The firſt Courſe for a ſmall common Service of Meat, to direct them which are unperfect, to bring them to further knowledge of greater Service.

1 A Boyld Capon or Chicken.
2 A Legge of Lambe farced on the French faſhion, or neates-tongue.
3 A boyled Mallard or Rabbet.
4 A diſh of boild olives of Veale, or Collops and Egges.
5 A piece of roaſt Béefe.
6 A diſh of chewets of Veale, or Mutton-pyes, if it be Winter, but if it be ſummer an Olive-pye.

7 A legge of Mutton roasted whole, or a Loyne of Veale, or both.
8 A pigge.
9 A Swan, Gwse, or Turkey.
10 A paſty of Venison, or forequarter of Mutton, or a fat rumpe of Beefe.
11 A Capon, Pheasant, or Hearne.
12 A Custard.

A ſecond Course to the ſame dyet.

1 A Quarter of Lambe.
2 A couple of Rabbets.
3 A Mallard, Teale, or Widgin.
4 A brace of Partriges or Woodcockes.
5 A Chicken or Pigeon-pie.
6 A diſh of Plouers or Snites.
7 A couple of Chickens.
8 A Warden or Quince-pie.
9 A ſowſt pig or Capon.
10 A Cherry or a Gooſeberry Tart, or a Quarter-tart of pippins.
11 A diſh of ſome kinde of ſowſt-fiſh.
12 Lobſters or pickled Oyſters.

A Table of Direction for a Bill of fare for fish-dayes, and Fasting-dayes, Ember-weekes, or Lent.

The first Course for the same dyet.

A Dish of Butter.
Rice milke.
Buttered Egges.
Stewed Oysters.
A boyled Rochet or Gurnet.
A boyld Sallet of Yearbes, or of Carrets.
A boyled Pike.
Buttered Loaues.
Cheuets of Ling or Stockfish.
Another Sallet.
Stewed Trouts or Smelts.
A dish of buttered Stockfish.
Salt Eele, or white-herring.
A Iole of Ling.
A Skirret-pye.
Buttered Flounders or plaice.
An Eele or Carpe-pye.
Haddocke, Fresh-Cod, or Whiting.
Salt Salmon.
A Custard.

The

The second course for this dyet.

1 A Boyld Carpe.
2 A Spitchcockes of Eeles.
3 Fride Stockfish.
4 Boyld Eeles.
5 Bakte Puffes.
6 A roasted Eele.
7 Buttered Parsnips.
8 Fride Oysters.
6 Blanche Manchet in a Fryingpan.
10 A fricy Kochet.
11 An Oyster Pye.
12 Fride Smelts.
13 A Pippin Pye.
14 Fride Flounders.
15 Buttered Crabs.
16 Fride Skirrets.
17 A Tart of Spinnage or of Carrets.
18 Conger.
19 Lobstar or Prawnes.
20 Pickled Oysters.

If your Messe be halfe so much for the broths end, it will be enough both for the first and second course.

To boyle a Capon Larded with Lemmons, on the French fashion.

SCald your Capon, and take a little dusty Oatmeale to make it boyle white. Then take two or three ladlefuls of Mutton broth, a fagot of sweet Hearbs, two or three Dates, cut in long peeces, a few parboyld Currans, a little whole Pepper, a Peece of whole Mace, and one Nutmeg. Thicken it with Almonds. Season it with Verjuyce, Sugar, and a little sweet Butter. Then take up your Capon, and larde it very thicke with a preserved Lemmon. Then lay your Capon in a deep Meat-dish for boyled meates, and powre the broth upon it. Garnish your dish with Suckets and preserued Barberries.

To sowce a Pigge.

SCald a large Pigge, cut off his head and slit him in the midest, and take

out his bones, and wash him in two o thrée warme waters. Then collar him vp like brawne, and sow the collars in faire cloath. Then boyle thē very tende in the faire water, then take them vp and throw them in faire water and salt vntil they be cold, for that will make the skinne white. Then take a pottle of the same water that the Pigge was boyled in, and a Pottle of White-wine, a race of Ginger sliced, a couple of Nutmegs quartered, a spoonfull of whole Pepper, five or six Bay-leaues: sethe all this together when it is cold, put your Pigge into the sowce-drinke, so you may keep it halfe a yeare, but spend the head.

To sowce Oysters.

TAke out the meat of the greatest Oysters: saue the liquor that commeth from them, and straine it into an earthen Pipkin: put into it half a pinte of white-Wine, and half a pinte of White-Wine Vinegar: put in some whole Pepper, and sliced Ginger. Boyle all these together with two or thrée Cloaues, when it hath boyled a little, put in your Oysters, & let them boyle two or thrée walmes, but not

to

too much. Then take them vp, and let the ſcrap ſtand vntill it be cold: then put in your Oyſters, and ſo you may keepe them all the yeare.

To ſowce a Pike, Carpe, or Breame.

DRaw your Fiſh, but ſcale it not: ſaue the Liuer and the refuſe of it, ſlit the ſaid refuſe, and waſh it. Then take a pottle of faire water, and a quart of White-Wine, and a Faggot of ſweet hearbes: ſo ſoon as you ſee your Wine boyle, throw in your Fiſh with the ſcales on, and when you ſee your Fiſh boyle, poure in a little Vinegar, and it will make your Fiſh criſp. Then take vp your Fiſh, and put it in a Tray. Then put into the liquor ſome whole pepper, a little whole Ginger, and when it is boyled together well with a little Salt, and cold, put in your Fiſh into an earthen panne: when you ſerue it in, ſerue Gelly in Sawcers, with a little fine Ginger about the Sawcers ſides, and Fennell on your Fiſh.

To boyle Flounders or Gudgeons on the French fashion.

BOyle a pinte of White-Wine, and a pinte of faire Water, a few sweet Hearbes, tops of Time, sweet Marjoram, winter Sauory, tops of Rosemary, a peece of whole Mace, a little Parsly pickt small: when all is boyled well together, put in your Fish, and scum it well. Then put in a little crust of Manchet, a quarter of a pound of sweet Butter. Season it with Pepper, and Verjuyce, and so serue it in.

To boyle a Gurnet on the French fashion.

DRaw your Gurnet, & wash it cleane, boyle it in water and salt, with a fagot of sweet Hearbs: then take it vp, and powre vpon it Verjuyce, Nutmeg, Butter, and Pepper: thicken it with the yolkes of two new-layd Egges. All this being powred vpon your Fish, garnish your dish with preserued Barberries, or a sliced Orange.

To

To boyle a Legge of mutton on the French fashion.

CUt out all the meate at the Butt end, cleaning the bone still in. Mince it small with Beefe Suit, and Marrow. Then take sweet Creame, yolkes of Egs, a few Raisins of the Sunne, two or three Dates minced, a little grated Bread. Season it with Pepper, Salt, and Nutmegge: then worke it stiffe, like a Pudding, and cram it in againe. Then stue it in a Pot with a Marrowbone, and a knuckle of Veale: serue the Legge by it selfe, and your knuckle in stued broth, and your Marrow-bones upon Buys, with Carrets, and Pepper.

To hash a Legge of Mutton on the French fashion.

PArboile your Legge, and take it up and pare off some thin slices, and prick your Legge through, and let out the graule on the slices: then bruise sweet Yearbs with the backe of a Ladle, and put in a peece of sweet Butter: Season it with Verjuyce, & Pepper: and when your Mutton is boyled, poure it on it, and serue it so to the Table.

To roast a Legge of Mutton, on the French fashion.

PAre all the skinne as thin as you can: Lard it with sweet Lard, and sticke about it a dosen Cloues: when it is halfe roasted, cut off three or foure thin peeces, & mince it small with a few sweet herbs, and a little beaten Ginger: put in a ladlefull of Claret-wine, a peece of sweet Butter, two or three spoonfuls of verjuyce, a little Pepper, a few parboyld Capers: when all this is boyled together, chop the yolke of an hard Egge into it. Then dresse your Legge, and serue it vpon sawce.

To roast a Neates tongue, on the French fashion.

CHop sweet herbes fine, with a peece of a raw Apple, season it with Pepper, Ginger, and the yolke of a new laid Egge chopt small to mingle amongst it: then stuffe it well with that farcing, and so roast it. The sawce for it is Verjuyce, Butter, and the juyce of a Lemmon, and a little Nutmegge. Let the tongue lye in the sawce when it goeth to the Table.

Garnish

Garnish your Dish as you thinke fittest, & as you are furnisht.

To boyle Pigeons with Rice on the French fashion.

Slit them to boyle, and put into their bellies sweet Hearbs, viz. Parsley, tops of yong Tyme: & then put thē into a pipkin, with as much Mutton broth as will couer them, a piece of whole Mace, a little whole Pepper: boyle all these together vntill your Pigeons bee tender. Then take them off the fire, and scum of the fat cleane from the broth, with a spoone, for otherwise it will make it to taste ranke. Put in a piece of sweet Butter: season it with Verjuyce, Nutmeg, and a little Sugar, thicken it with Ryce boyled in sweet Creame. Garnish your dish with preserued Barberies & Skirret roots, being boyled with Verjuyce & Butter.

To boyle a Rabbet with Hearbs on the French fashion.

Slit your Rabbet for the boyling, and seethe it with a little Mutton broth, White-wine and a piece of whole Mace:

then take Lettuce, Spinage, Parsley, Winter Sauory, sweet Marjoram: all these being pickt, and washt clean, bruise them with the backe of a Ladle (for the bruising of the hearbs will make the broth looke very pleasantly greene.) Thicken it with a crust of manchet, being steeped in some of the broth, and a little sweet Butter therein. Season it with Verjuyce, and Pepper, and serue it to the Table upon Sippets. Garnish your dish with Barberries.

To boyle Chickens in white broth.

TRusse your Chickens fit to boyle, as was before shewed in the Rabbets: cut two or three Dates in small peeces: take a peece of whole Mace: thicken your broth with Almonds: Season it with Verjuyce, and a little Pepper. Garnish your dish sides with sweet Sucket and sugar, after you haue seasoned your broth. In like sort you may boyle a Capon, but then you must put Marrow into your White broth. If you dislike Mutton broth, then boyle it by it selfe in faire water till it turne as white as a Curd, But th

he French men follow the other way, and t is the better.

To boyle a Teale or Wigion on the French fashion.

PArboyle eyther of these Fowles, and throw them in a Pale of faire water (for that taketh away the ranckneſſe of the flesh.) Then roast them halfe, and take them off the fire, and put ſweet Herbs in the bellies of them: lace them downe the breast, and sticke them with two or three whole Cloues in the breſt with your knife in euery one of them so many. Then put them in a pipkin, with two or three ladles-fuls of strong Mutton-broth, a peece of whole Mace, two or three Little Onions minst small. Thicken it with a toast of houshold bread: put in a peece of ſweet Butter as bigge as a Walnut: Season it with Pepper and Verjuyce.

To ſmoore an old Coney, Ducke, or Mallard on the French fashion.

PArboyle any of these & halfe roast it, lanch them downe the breast with your knife, and sticke them with two or

three

three Cloues. Then put them into a pipkin with halfe a pound of sweet Butter, a little White-wine, Verjuyce, a peece of whole Mace, a little beaten Ginger, and Pepper. Then mince two Onyons very small, with a peece of an Apple, so let them boyle leisurely, close couered, the space of two houres, turning them now and then. Serue them in vpon Sippets.

Another way to boyle Chickens, or Pigeons, with Gooseberryes or Grapes.

BOyle them with Mutton-broth, and White-wine, a peece of whole Mace, put into the bellies of them sweet Hearbs when they be tender, thicken it with a peece of Manchet and two hard egge yolks strained with some of the same broth. Then put some of the same broth into a boyld meat dish, with Verjuyce, Butter, and Sugar, and so boyle your Grapes or Gooseberries in the dish close couered, till they be tender, and poure it on the breast of your dish.

To

o boyle a Chine of Mutton or Veale, in ſharpe broth, on the French faſhion.

Ouer your meate with faire water and a little White-wine, a peece of ole Mace, a Nutmeg quartered, a hand- of Hearbs cleane pickt, and bruiſed the backe of a Ladle, young Lettice, inage, Parſley, tops of young Time: en all is boyled well together, thicken ith a cruſt of Manchet, and the yolke hard Egge, ſteeped in ſome of the ſame th, and draw it through a ſtrainer, and ken your broth with it. Seaſon it with ttle Verjuyce and Pepper.

To boyle Larkes or Sparrowes.

Kulle theim fit to boyle, and put them into a Pipkin, with a Ladlefull of tton-broth, a peece of whole Mace, a arter of a Nutmegge, a fagot of ſweet arbs, and a little young Parſley pickt ane and ſhort: put your Parſley loſe your broth: ſeaſon it with Verjuyce, pper and Sugar. Thicken it with the kes of two new laid Egges hard, and a

peece

péece of Manchet, strained with some the same broth, till they be tender. Garnish your dish as you will.

Baked-meates.

A made dish of Coney Livers.

PArboyle three or foure them, and then chop the fine with sweet Hearb the yolkes of two hard E Season it with Sinamo Ginger, and Nutmeg, and Pepper: put a few parboyld Currans, and a little m ted butter, and so make it up into little stryes, frye them in a Fryingpan, shake Sugar, and serue them to the bord.

A made dish of a Sweet bread.

BOyle, or roast your Sweet-bread, a put into it a few parboyld Curra a minst Date, the yolkes of two new l Egges, a péece of Manchet grated fi Seas

eason it with a little pepper, Salt, Nut-
eg, and Sugar, wring in the ſuyce of an
range or Lemmon, and put it betweene
o ſheets of Puf-paſte, or any other good
aſte: and eyther bake it, or fry it, whether
ou pleaſe.

A made diſh of Sheepes tongues.

Boyle them tender, and ſlice them in
thin ſlices: then ſeaſon them with Si-
amon, Ginger, and a little Pepper, and
ut them into a Coffin of fine Paſte, with
weet Butter, and a few ſweet Hearbes
hopt fine. Bake them in an Ouen. Then
ake a little Nutmeg, Vinegar, Butter,
ugar, the yolke of a new layd Egge, one
oonfull of Sacke, and the ſuyce of a Lem-
on: boyle all theſe together on a chafing-
iſh of coales, and put it into your Pye:
og it well together, and ſerue it to the
Table.

A Florentine of a Cony, the wing of a Capon, or the Kidney of Veale.

Mince any of theſe with ſweet
hearbs, parboyld Currans, a Date
or two minſt ſmall, a peece of a preſer-
ued Orange or Lemmon, minſt as ſmall

as

as your Date. Season it with Ging
Sinamon, Nutmeg, and Sugar: then t
the yolkes of two new laid Egges,
spoonefull of sweet Creame, a peece
short Cake grated and marrow cut
short peeces. Bake this in a dish
tweene two leaues of puf-paste, put a
tle Rose-water to it before you close y
paste. When it is baked, shake on Sug

A Frydayes Pye, without either Flesh or Fish.

WAsh greene Beets cleane, pi
out the middle string, and c
them small with two or three well reli
ripe Apples. Season it with Pepper, Sa
and Ginger: then take a good handfull
Raisins of the Sunne, and put them all
a Coffin of fine Paste, with a peece
sweet Butter, and so bake it: but bef
you serue it in, cut it vp, and wring in
iuyce of an Orange and Sugar.

A Chewet of Stockfish.

BOyle watered Stockfish, and ma
it fit to be eaten: when it is cold ta
the whitest of the fish and mince it smal
put in parboyld Currans, Raisins of
Sunn

Sunne. Season it with Nutmeg, Pepper, Salt, and a peece of sweet Butter. Bake it, but before you serue it in, cut it vp, and wring in the iuyce of an Orange.

A Quarter-Tart of Pippins.

QUarter them and lay them betweene two sheetes of Paste: put in a peece of whole Sinamon, two or three bruised Cloues, a little sliced Ginger, Orengado, or onely the yellow outside of the Orange, a bit of sweet Butter about the bignesse of an Egge, good store of Sugar: sprinkle on a little Rosewater. Then close your Tart, and bake it: Ice it before it goe to the bord, serue it hot. This Tart you may make of any puf-paste, or short paste that will not hold the raysing. If you bake in any of these kindes of pastes, then you must first boyle your Pippins in Claret-wine and Sugar, or else your Apples will be hard when your Crust will be burnt and dryed away. Besides, the wine giueth them a pleasant Colour, and a good taste also. Though you boyle your Pippins tender, take heed you breake not the quarters, but bake them whole.

A Gooseberry Tart.

PIck the stalkes of your Gooseberries, and the pips in the tops: put them in good Paste, with a little greene Ginger sliced in slices: cast on good store of Sugar and Rosewater, and so close them.

A Cherry Pye.

BRuise a pound of Cherries, and stamp them, and boyle the syrrup with Sugar. Then take the stones out of two pound: bake them in a set Coffin: Ice them, and serue them hot in to the bord.

To make an Oyster Pye.

SAue the liquor of your largest Oysters, season them with Pepper and Ginger, and put them into a Coffin: put in a minst Onyon, a few Currans, and a good peece of Butter. Then poure in your syrrup and close it. When it is bakt, cut vp the Pye, and put in a spoonefull of Vinegar and melted Butter: shake it well together, and set it againe into the Ouen a little while: then take it out, and serue it in.

A made dish of Muſckels and Cockles.

PArboyle them and take out the meat, and waſh them very cleane in the water they were boyled in, and a little white-wine: mince them ſmall with two or three yolkes of new-laid Egges. Season it with Pepper, Salt, and a little Nutmeg: then wring in the iuyce of an Orange, and put them betweene two sheetes of Paſte, Bake it, Ice it, and vſe it: you may alſo fry them.

To bake Neates tongues to be eaten hot.

BOyle it tender, and pill off the skin, take the fleſh out at the Butt-end: mince it ſmall with Ore-ſuet, and Marrow. Season it with Pepper, Salt, Nutmegge, parboild Currans, and a minced Date cut in peeces. Take the yolkes of two new-laid Egges, and a ſpoonefull of ſweet Creame, worke all together with a ſilver ſpoone in a Diſh, with a little powder of a dryed Orange-pill: ſprinckle a little Vergiuyce ouer it, and caſt on ſome ſugar. Then thruſt it in againe as hard as you can cram it. Bake it on a diſh

in the Ouen: baste it with swéet Butter, that it may not bake dry on the outside: when it is to be eaten sawce it with Vinegar and Butter, Nutmeg, Sugar and the juyce of an Orange.

A delicate Chewet.

PArboyle a péece of a Leg of Veale, and being cold, mince it with Béefe suet, and Marrow, and an Apple, or a couple of Wardens: when you haue minst it fine, put a few parboyled Currans, fiue Dates minst, a péece of preserued Orange-pill minst, Marrow cut in little square péeces: Season all this with Pepper, Salt, Nutmeg, and a little Sugar: then put it into your Coffins, and so bake it. Before you close your Pye, sprinckle on a little Rose-water, and when they are baked shaue on a little Sugar, and so serue it to the table.

To make an Vmble Pye, or for want of Vmbles to doe it with a Lambes head and Purtenance.

BOyle your meat reasonable tender, take the flesh from the bone, and mince it small with Béefe-suet and Marrow, with

with the Liuer, Lights, and Heart, a few
wéet Hearbes and Currans. Season it
with Pepper, Salt, and Nutmeg: bake it
in a Coffin raised like an Umble pye, and
it will eat so like unto Umbles, as that
you shall hardly by taste discerne it from
right Umbles.

To bake a Calves Chaldron.

PArboyle it, and cole it, and pick out
the kernels, and cut it in small peces:
then season it with Pepper, Salt, & Nut-
meg: put in a few swéet Hearbs chopt, a
péce of swéet butter, sprinckle it with uer-
juyce, and so close it. When you serue it
in, put to it a little of a sawce, made with
Nutmeg, Vinegar, Butter, Sugar, and
the yolks of two new laid Egs, a spoone-
full of Sack, and the juyce of an Orange.

To bake a Carpe.

SCald, wash and draw a fayre large
Carpe: season it with Pepper, Salt,
and Nutmeg, and put it in a Coffin with
good store of swéet Butter: cast on great
Raisins of the Sunne, the juyce of two
Orranges, put your Butter uppermost, to

keepe the rest moist: sprinckle on a litt
Vinegar before you close it, and so bake i

To bake a Tench with a Pudding in her belly.

LEt your fish bleed in the Taile, the
scald it, and scoure it: wash it clean
and dry it with a cloth. Then take gra
ted Bread, sweet Creame, the yolkes
two or three new-laid Egges, a few pa
boyld Currans, a few sweet Hearbs chop
fine. Season it with Nutmeg and Pep
per, and make it into a stiffe pudding, an
put it into your Tenches belly. Seaso
your fish on the outside with a little Pep
per, Salt, and Nutmegge, and put him i
a deepe Coffin with a peece of sweet Bu
ter, and so close your Pye, and bake i
Then take it out of the Oven, and ope
it, and cast in a peece of preserued O
range minst. Then take Vinegar, Nut
meg, Butter, Sugar, and the yolke of
new-laid Egge, and boyle it on a Cha
fingdish of Coales, alwaies stirring it t
keepe it from curding. Then poure it int
your Pye, shogge it well together, an
serue it in.

T

To bake Eeles.

CUt your Eeles about the length of your finger: season them with Pepper, Salt, and Ginger, and so put them into a Coffin, with a good peece of sweet Butter. Put into your Pye great Raisins of the Sun, and an Onyon minst small, and so close it and bake it.

To bake Chickens with Grapes.

TRusse and scald your Chickens, season them well with pepper, salt, and Nutmeg: and put them into your Pye, with a good peece of Butter; bake it and cut it up, and put vpon the breast of your Chickens, Grapes, boild in Verjuyce, Butter, Nutmeg, and Sugar, with the juyce of an Orange.

To bake a Steake pye with a French pudding in the Pye.

SEason your Steakes with Pepper, Salt, and Nutmeg: and let it stand in tray an houre, Then take a peece of the leanest of a Legge of Mutton, and mince it small with Ore-suet, and a few

ſweet Yearbs, tops of young Time, branch of Pennyroyal, two or three leaues of red Sage, grated Bread, yolkes of Eggs ſweet Creame, Raiſins of the Sunne worke all together like a Pudding with your hand ſtiffe, and rowle it round like bals, and put them in your Steakes in a deepe Coffin, with a good peece of ſweet butter, ſprinkle a little Verjuyce on it, and bake it: then cut it vp, and rowle Sage leaues in Butter, and frye them, and ſtick them vpright in your wals, and ſerue your Pye without a couer, with the juyce of a Orange or Lemmon.

To make a good Quince-Pye.

PAre them, and coare them (the beſt of the Quinces is next vnto the skinne therefore pare it as thinne as is poſſible) ſtuffe them with Sugar, then with as much other Sugar as they weigh, put them with peeces of ſliced ginger in a Coffin, ſprinckle on a little Roſe-water before you cloſe your Pye. Bake it, and let it ſtand long a ſoaking in the oven, Ice it, and ſerue it in.

To make a Pippin-pye.

TAke their waight in Sugar, and ſtick a whole Cloue in euery peece of them and put in peeces of whole Sinamon, then put in all your Sugar, with a ſlice or two of whole Ginger: ſprinkle Roſe-water on them before you cloſe your Pye: bake them and ſerue them in.

To bake a Pigge.

SCald it, and ſlit it in the middeſt, fley it, and take out the bones. Seaſon it with Pepper, Salt, Cloues, Mace, and Nutmeg: chop ſweet hearbs fine with the hard yolkes of two or three new layd Egges, and parboyld Currans. Then lay one halfe of your Pigge into your pye, and hearbs on it: then put on the other halfe with more hearbes aloft vpon it, and a good peece of ſweet Butter aloft vpon all. It is a good diſh both hot and cold.

To bake Fallow Deere in the beſt manner.

BAke it firſt in his owne blood, onely wipe it cleane, but waſh it not, bone it

and skin it, and season it with Pepper and Salt. Then bake it in fine Paste afterward, either puft-paste or short-paste.

To bake a Red Deere.

Parboyle it, and presse it, and let it lye all night in Red-Wine, and Vinegar: then Larde it Thicke, and season it with Pepper, Salt, Cloues, Mace, Nutmeg, and Ginger. Bake it in a deepe Coffin of Rye paste, with store of Butter: let it soake well. Leaue a vent-hole in your Pye, and when you draw it out of the Ouen, put in melted Butter, Vinegar, Nutmeg, Ginger, and a little Sugar: shake it very well together, and put it into the Ouen againe, and let it stand three or foure houres at the least, to soake thoroughly, when your Ouen is cold take it out, and stop the hole with Butter.

To bake a wilde Boare.

Take the buttocke of a Brawne, and the fillets: parboyle it, and mince it small, and stampe it in a Morter till it come like paste, all in a lumpe. Then lard it,

it, and vse it like the Red Deere. The fillets also of beefe for a need will serue very well.

To bake a Swan.

SCald it, and take out the bones: then parboyle it and season it well with Pepper, Salt, and Ginger. Then Lard it, and put it in a deepe Coffin of Rye-paste, with store of Butter. Let it soake well, when you take it out of the Ouen put in more Butter moulten at the vent-hole.

To bake a Turkey or a Capon.

BOne the Turkey, but not the Capon: parboyle them, and sticke cloues in their breasts: Lard them and season them well with Pepper and Salt, and put them in a deepe Coffin with the breast downeward, and store of Butter: and when it is bakt, poure in more Butter, and when it is cold, stop the vent-hole with more butter.

To bake a Hare on the French fashion.

PArboyle two Hares, and take the flesh from the bone, and mince it small, and

and beat it in a Morter into a lumpy substance: then sowce it in Wine and Vinegar, as you would doe red Déere, and season it so also. Lay all this pulp about the Chine of one Hare, so it wil séeme but one: Lard it well, and put it into a Coffin, with store of Butter, and so bake it. Then take it out of the Ouen, and put into it a little melted Butter, Nutmeg, Ginger, and Sugar, and set it into the Ouen againe to soake: when it is cold stop the hole with Butter.

To bake a wild Goose, or Mallard.

PArboyle them, and breake the breastbone of a large Gwse, or take it quite out, and all the other bones also, but not out of a Mallard. Season them and lard them, and put them into déepe Coffins, with store of Butter: when you draw them out of the Ouen, put in more, and doe as before is shewed.

To bake a Curlew or Hearneshaw.

TRusse them, and parboyle them, but vpon one side. Season them with Pepper, Salt, and Ginger. Put them in déepe

déepe Coffins, with ſtore of Butter, and let the heads hang out for a ſhow.

To bake Woodcockes, or Black-birds.

TRuſſe, parboyle, and ſeaſon them with Pepper and Salt: your Woodcocke may be larded: doe as in other.

To bake Larkes or Sparrowes.

SErue them as before was ſhewed in the Woodcockes and Blacke-birds.

Fritters on the Court-faſhion.

TAke the Curds of a Sacke-poſſet, the yolkes of ſixe new-laid Egges, and the whites of two of them, fine flower, and make thicke batter: cut a Pomewater in ſmall péeces: ſeaſon it with Nutmeg and a little Pepper, put in a little ſtrong Ale, and warme milke: mingle all together, and put them into Lard, neither too hot nor too cold. If your batter ſwim it is in good temper.

To

To make Pancakes ſo criſpe, that you may ſet them upright.

MAke a dozen or a ſcore of them in a little frying-pan, no bigger than a Sawcer, and then boyle them in Lard, and they will looke as yellow as gold, beſide the taſte will be very good.

A Sallet of Roſe buds and Clove Gillyflowers.

PIcke Roſe-buds, and put them into an earthen Pipkin, with White-wine, vinegar and Sugar: ſo may you vſe Cowſlips, Violets, or Roſe-mary-flowers.

To keepe greene Cucumbers all the yeare.

CAt the Cucumbers in peeces, boyle them in ſpring-water, Sugar, and Dill, a walme or two. Take them vp and let your pickle ſtand vntill it be cold.

To keepe Broome Capers.

BOyle the greateſt and hardeſt buds of the Broome in Wine Vinegar and Bay-ſalt, ſcum it cleane: when it is cold you may put in raw ones alſo, each by them.

themselues: put in a péele of Lead on the raw ones, for all that swim will be black, and the other that are pressed downe, as gréene as any Léeke. The boyld ones will change colour,

Purslaine stalkes.

GAther them at the full growth, but not too old: parboyle them, and kéepe them in White-wine Vinegar and Sugar.

To make Caper-rowlers of Radish cods.

TAke them when they be hard, and not ouermuch open: boyle them tender in faire water, boyle White-wine Vinegar and Baysalt together, and kéep them in it.

Divers Sallets boyled.

PArboile Spinage, and chop it fine, with the edges of two hard Trenchers vpon a boord, or the backs of two Choppinkniues: then set them on a Chafindish of Coales with Butter and Vinegar. Season it with Sinamon, Gingar, Sugar, and a few parboyld Currans. Then

cut

cut hard Egges into quarters to garnish it withall, and serue it vpon Sippets. So may you serue Burrage, Buglosse, Endiffe, Sackory, Colesiowers, Sorrell, Marigold-leaues, Water-cresses, Leekes boyled, Onions, Sporcagus, Rocket, Alexanders. Parboyle them and season them all alike: whether it be with Oyle and Vinegar, or Butter and Vinegar, Sinamon, Ginger, Sugar, and Butter: Egges are necessary, or at least very good for all boyld Sallets.

Buds of Hoppes.

SEethe them with a little of the tender stalks in faire water, and put them in a dish ouer coales, with Butter, and so serue them to the Table.

A Sallet of Mallowes.

STrip off the leaues from the tender stalkes sauing the tops: let them lye in water, and seethe them tender, and put them in a dish ouer coales, with Butter and Vinegar: let them stand a while: then put in grated bread and Sugar betweene euery lay.

A Sallet of Burdocke rootes.

CUt off the outward rinde, and lay them in water a good houre at the least: when you haue done, ſeethe them vntill they be tender: then ſet them on coales with Butter and Vinegar, and ſo let them ſtand a prety while: then put in grated Bread and Sugar, betwixt euery lay, and ſerue them in.

To make blancht Manchet in a Fryingpan.

TAke halfe a doſen Egges, halfe a pinte of ſweet Creame, a penny Manchet grated, a Nutmegge grated, two ſpoonefuls of Roſe-water, two ounces of ſugar, worke all ſtiffe like a Pudding: then frye it like a Wanſey in a very little fryingpan that it may be thicke: frye it browne and turne it out vpon a plate. Cut in quarters, and ſerue it like a Pudding: trape on Sugar.

Puddings.

A fierced Pudding.

Mince a Legge of Mutton with sweet Hearbs, scarce grated Bread through a Collinder, mince Dates, Currans, Raisins of the Sunne being stoned, a little Orengado cut finely, or a preserued Lemmon, a little Coriander-seedes, Nutmeg, Ginger, and pepper: mingle all together with milke and Egges raw, wrought together like Paste: wrap the meat in a cawle of Mutton or of Veale, so you may either boyle or bake them. If you bake them, beat the yolke of an Egge with Rose-water, Sugar, and Sinamon. And when it is almost bakt, draw it out, and stick it with Sinamon & Rosemary.

A

A pudding of Veale.

Mince raw Veale very fine, cut some Larde, like Diamonds: mince sweet Marjoram, Pennyroyal, Camomill, Winter-Savory, Nutmeg, Pepper, Ginger, and Salt made hot, the gut of a fat Mutton Pogge: cut it about an inch long: work it together with store of Sinamon and Sugar and Barberies, sliced Figgs, blancht Almonds, halfe a pound of Beefe-suet, most finely minst: put this into your short skins: set them a boyling in a Pipkin of Claret-wine, with large Mace, a sliced Lemmon, and Barberies in knots, or Grapes: this is a delicate Pudding.

A Fregesey of Egges.

Beat a dozen of Egges with Creame, Sugar, Nutmeg, Mace, Rose-water. and a Pomewater cut ouerthwart in slices: put them into the Frying-pan with sweet Butter, and the Apples first: when they are almost enough, take them up, and cleanse your Pan: put in sweet Butter, and make it hot: put in halfe the Egges

and Cream at one time: ſtir it with a ſawcer, or ſuch a thing. Take it out, & put it in a diſh, put in the reſt of the Egs and Cream like the former, and then put in your apples round about the batter. Then caſt on the other ſide on the top of it, & keep it from burning with ſweet butter. When it is fried on both ſides enough, wring on the juyce of an Orange, and ſerue it in.

A Cambridge Pudding.

SEarce grated bread thorow a cullinder, mince it with Flower, minſt Dates, Currans, Nutmeg, Sinamon & Pepper, minſt Suet, new milk warme, fine Sugar and Egs: take away ſome of their whites, worke all together. Take halfe the Pudding on the one ſide, and the other on the other ſide, and make it round like a loafe. Then take Butter, and put it in the midſt of the Pudding, and the other halfe aloft. Let your liquor boyle, and throw your pudding in, being tyed in a faire cloth: when it is boyled enough cut it in the middeſt, and ſo ſerue it in.

A Swan or Goose Pudding.

STirre the blood of a Swan, or Gwse, steepe fine Oatmeale in Milke, Nutmeg, Pepper, swéet Hearbs, minst Suet: mingle all together with rose-water, Lemmon pils minst fine, Coriander-séeds, a little quantity thereof. And this is a rule both for grated bread pudding or any other Pudding that is made in a Swanne or Gwse necke.

A Liveridge or Hogges Pudding.

BOile a Hogs Liuer well, let it be throwly cold: then grate it like Bread: grate Bread, take new Milke, the fat of a Hogge minst fine, put it to the bread, and the Liuer, the more the better, diuide it into two parts. Take store of dry hearbes, that are very well dryed, mince them fine, put the hearbs into one part, with Nutmeg, Mace, Pepper, Annis-séeds, Rosewater, Creame, and Egs, wash the skins, and then fill them vp, & let them boile enough. To the other sort put Barberies, sliced Dates, Currans, new Milke and Egges, worke them as the other.

A Chiveridge pudding.

LAy the fatteſt guts of your Hogge in faire water and Salt, to ſcowre them. Take the longeſt and the fatteſt gut, beginne at the middeſt of the Gut, and ſtuffe it with Nutmeg, Sugar, Ginger, Pepper, and ſliced Dates, boyle it and ſerue it to the Table.

A Ryce pudding.

STéepe it in faire water all night: then boyle it in new milke, and draine out the Milke through a Cullinder: mince Béefe-ſuet handſomely, but not too ſmall, and put it in the Rice, and parboild Currans, yolkes of new layd Egges, Nutmeg, Sinamon, Sugar and Barberies: mingle all together: waſh your ſcoured guts, and ſtuffe them with the aforeſaid pulp: parboyle them, and let them coole.

A Florentine of Veale.

MInce cold Veale fine, take grated Bread, Currans, Dates, Sugar, Nutmeg, Pepper, two or thrée Egs, and Roſe-water: mingle all well together, and

and put it on a Chafingdish of coales, ſtir them till they be warme, and then put ſome betwæne two ſhætes of puft-paſte, and bake it, put the reſt vpon ſlices of a white loafe and frye it in a frying-panne, waſht before with the yolke of an Egge: ſerue it with Sinamon and Ginger, at the ſecond courſe.

A Marrow Toaſt.

Mince cold parboyld Veale, and ſuet very fine, and ſwæt hearbes, each by themſelues, and then mingle them together with Sugar, Nutmeg, Sinamon, Roſe-water, grated Bread, the yolkes of two or thræ new-laid Egges: open the minſt meate, and couer it with the Marrow. Then put your toaſt into the Pipkin with the vppermoſt of ſome ſtrong broth: let it boyle with large Mace, a Fagot of ſwæt hearbes, ſcum them paſſing cleane, and let them boyle almoſt dry. Then take Potato-rootes boyled, or Cheſtnuts, Skirrootes, or Almonds boyled in White-wine, and for want of Wine you may take Verjuyce and Sugar.

Another in a Frying-pan.

TAke the marrow whole out of the bone as nære as you can: ten Oysters is a fit proportion, for that marrow, being parboyled and bearded and cut in smal pæces. Put in a little yong Time, Pennyroyall, and Parsly minst fine: worke all together like batter. Then rowle your Marrow within that, and season it with Pepper, Salt, and Nutmeg. Then make it in little Pastyes with fine Paste: some like Peasecods: fry them, shaue on Sugar, and serue them in.

A Pudding stewed betweene two Dishes.

TAke the yolkes of thrée Egges, and the white of one, halfe a dozen spoonfuls of sweet Creame a Nutmeg grated, a few cloaues and Mace, a quarter of a pound of Béefe suet minst small, a quarter of a pound of Currans, temper it like a Pudding with grated Bread and a spoonfull of Rose-water. Then take a Kell of Veale, cut it in square pæces like Trenchers, lay thrée spoonfuls of the batter vp on one side, then rowle it vp in the Caule

pin one side ouer the other with two small prickes, and tie each end with a threed. You may put two, or three, or foure of them in a dish, then, take halfe a pinte of strong Mutton broth, and halfe a dozen spoonefuls of Vinegar, three or foure blades of large Mace, and an ounce of Sugar. Make this broth to boyle vpon a Chafingdish of Coales, and then put in your Pudding: when it boiles, couer it with an other dish, & let it stue a quarter of an houre longer. Turn them for burning, then take vp your Pudding, and lay it vpon Sippets, and poure the broth vpon the toppe. Garnish your dish with the coate of a Lemmon, and Barberies: serue them hot, either at Dinner or Supper.

To make French puffes with greene Hearbes.

TAke Spinage, Parsly, Endiue, a sprig or two of Sauory: mince them very fine: season them with Nutmeg, Ginger, and Sugar. Wet them with Egges, according to the quantity of the Hearbes, more or lesse. Then take the Coate of a Lemmon, cut it in round slices very thin: put to euery slice of your Lemmon one

ſpœneſull of this ſtuffe. Then frye it with ſwæt Lard in a Frying-panne, as you fry Egs, and ſerue them with ſippits or without, ſprinckle them either with White wine or Sacke, or any other Wine, ſauing Reniſh wine. Serue them either at Dinner or Supper.

Dropt Raiſins.

TAke the faireſt Raiſins of the Sunne, ſlit them on one ſide: lay them open, as round and as broad as you can. Then take the aforeſaid Hearbs minſt and ſeaſoned, and lay betwixt two Raiſins as many as you can cloſe betwixt them. Take halfe a ſpœnful of the aforeſaid ſtuffe that you fryed your Lemmons with: fry them brolwne.

A Fond pudding.

TAke either Mutton, Veale, or Lambe, roaſt or raw, but raw is better. Mince it fine with Bééfe ſuet: take Spinage, Parſley, Marigold, Endiffe, a ſprigge of Time, and a ſprigge of Sauory: chop them fine, and ſeaſon them with Nutmeg, Sugar, minſt Dates: take Currans and grated

rated Bread, the yolkes of three or foure ew layed Egges, a spoonefull or two of oſewater, as much verjuyce: worke them p like Birds, Beaſts, Fiſhes, Peares, or hat you will. Fry them, or bake them, d ſerue them vpon ſippets, with verjuyce White-wine, Butter, and Sugar: ſerue em either at dinner or Supper.

To make puffes on the Engliſh faſhion.

TAke new milke Curds, preſſe out the Whay cleane, take the yolkes of three gges, and the white of one, fine Wheat-lower, and mingle amongſt your Curds: eaſon it with Nutmegge, Sugar, and oſe-water, mingle all together. But- a faire white Paper, lay a ſpoonefull once vpon it: ſet them into a warme uen, not ouer hot, when you ſee them riſe high as a halfe-penny loafe, then take oſe-water and Butter, and indale them er: ſcrape on Sugar, and ſet them in Uuen againe vntill they be dryed at tops like Ice. Then take them out, d ſerue them vpon a plate, either at Din- or Supper.

To

To make a Pudding in a Frying-panne.

TAke foure Egges, two ſpoonefulls o Roſe-water, Nutmeg grated, Sugar, grated Bread, the quantity of a penny Loafe, a pound of Beefe-ſuet minſt fine worke them as ſtiffe as a Pudding with your hand, and put it in a Frying-panne with ſweet Butter, fry it browne, cut it in quarters and ſerue it hot, either at Dinner or Supper. If it be on a faſting-day leave out the Suet and Currans, and put in two or three Pomewaters, minſt ſmall, or an other ſoft Apple that hath a good reliſh.

To make Apple-puffes.

TAke a Pomewater, or any other Apple that is not hard, or harſh in taſte mince it ſmall with a dozen or twenty Raiſins of the Sunne: wet the Apples in two Egges, beate them all together with the backe of a knife or a ſpoone. Seaſon them with Nutmegge, Roſe-water, Sugar, and Ginger: drop them into a Frying-pan with a ſpoone, fry them like Egg

ging on the ſuyce of an Orange or Lemon, and ſerue them in.

To make Kick-ſhawes.

TAke the Kidney of a Veale, or Lamb, or if you haue neither of both, then take eeare of Mutton, take the fat and all, yle it, and mince it fine: ſeaſon it with utmeg, Pepper, and Salt. Then take oo or three Egges, a ſpoonfull of Roſe-ater, two or three ſpoonfuls of Sacke, s much grated Bread as will worke em like lithe-paſte. Then flower your oulds, and fill them with that paſte: then ule a thin ſheete of paſte, wet it and co-er it ouer: fry them, and turne them into mall diſhes, and keepe them warme in the Ouen, ſerue them at dinner, or ſupper. If ou will bake them, then you may turne em into the diſh raw, out of your moulds, nd Ice them with Roſewater & Sugar, nd ſet them in the Ouen, when your pyes re halfe bakt.

To

To make some Kick-shawes in paste, to fry or bake, in what forme you please.

MAke some short Puft-paste, rowle thinne, if you haue any moulds yo may worke it vpon your moulds, with th pulp of Pippins, seasoned with Sinamon Ginger, Sugar, and Rose-water, clo them vp, and bake them, or fry them: o you may fill them with Gooseberries, sea soned with Sugar, Sinamon, Ginger, an Nutmeg: rowle them vp in yolkes o Egges, and it will keepe your Marrow being boyled, from melting away, or yo may fill them with Curds, boyled vp wi whites of Egges and Creame, and it wi be a tender Curde: but you must seaso the Curde with parboyld Currans, th or foure sliced Dates put into it, or fi bits of Marrow, as bigge as half a Wa nut: put in some small peces of Almon paste, Sugar, Rose-water, and Nutmeg And this will serue for any of these Kick shawes, eyther to bake, or for a Flo rentine in Puft-paste: any of these yo may fry or bake, for Dinner or Supper.

T

To make an Italian pudding.

Take a penny white loafe, pare off the cruſt, and cut it in ſquare peeces like a great Dyce, mince a pound of Beefe ſmall: take halfe a pound of Raiſins the Sunne, ſtone them, and mingle them ether, and ſeaſon them with Sugar, ſe-water and Nutmeg, wet theſe things foure Egs, and ſtir them very tenderly breaking the Bread: then put it in a ,& pick in three or foure peeces of mar- , and ſome ſliced Dates: put it into an en hot enough for a Chewet: if your en be too hot, it will burne: if too cold, will be heauy. When it is bakt, ſcrape Sugar and ſerue it hot at Dinner, but at Supper.

To

To boyle a Racke of Veale on the French fashion.

CUt it into Steakes, cut a Carre Turnip in peeceslike Diamonds, put them into a Pipkin with a pint White-wine, Parsly bound in a Fa a little Rosemary, and large Mace, a stick of Sinamon: pare a Lemmon, o range, and take a little grosse pepper, h a pound of Butter: boyle all together w they be enough: when you haue done, p a little Sugar and Verjuyce, garnish dish as you list.

To fearce a Legge of Lambe on the French fashion.

TAke the flesh out of the in-side, leaue the skin whole, mince it with suet: take grated Bread, mingl range pill, sliced nutmeg, Coriander-s Barberies pickt, a little Pepper: wo all together with yolkes of Egges, lik Pudding, and put it in againe. If want a cawle of Mutton to close it w then take the yolk of an Egge, and sm

all ouer, and it wil hold it faſt. Then put in a diſh raw, and ſet it vpright, and put little Butter into the diſh, and ſet the diſh to the Ouen: put to the aforeſaid things, ugar, Currans, and ſliced Dates, Salt d Verjuyce. When it goeth to the table, ow it with yolkes and parſley, either of em minſt by it ſelfe.

To haſh Deere, Sheepe, or Calves tongues, on the French faſhion.

B Oyle, Blanch, and Larde them, ſticke them with Cloues and Roſemary, and t them on a Spit, vntill they be halfe aſted. Then put them into a Pipkin ith Claret-wine, Sinamon, Ginger, Sugar, ſliced Lẽmon, a few Carraway ſeeds, nd large Mace. Boyle all together and rue them in with fryed toaſts.

English

English Cookerie.

To boyle a Capon.

TAke strong broth of marrow bones, or any other strong broth, put the Marrow into a pipkin with salt: boile your Capon in the Pipkin, and scum it cleane, before you be ready to take it off put in your Salt. Take a pinte of White-wine in a pipkin, for one Capon, if you have more, you must have more wine, half a pound of Sugar, a quarter of a pound of Dates sliced, Potatoes boyled, and blanch't, large Mace, Nutmeg sliced: if you want Potatoes, take Endiffe, & for want of both, boyle Skirrets, and blanch them, boyle all together, with a quarter of a pint of Verjuyce, and the yolkes of Egges, straine it and stirre it about, and put it to the Capon with strong broth.

To garnish your Dishes.

Garnish your Dishes round about with fine Sugar : take Orengado dipt among Biskets : take Carrawayes. Take a Pomegranat and garnish the side of your Dish with it : take Currans and Prunes, and wrap them in fine Sugar, having beene first boyled tender in faire water : Take a Lemmon and slice it, and put it on your dish, and large Mace stéwed or boyled, or preserued Barberries. Any of these are fit to garnish your Dish : take your Capon out of the broth, and put it into a dish with sippets, and of these garnishes round about it.

To boyle a Capon another way.

Boyle a knuckle of Veale vntill it make strong broth : then take your Capon, & boyle it in faire water and Salt, and when it is almost boyld, take it & put it in a Pipkin, and strain your broth in to the Capon : Then wash and scrape Parsley, and Fennell-rootes cleane, pith them, and slice them along: boile them in a skillet of water, and when they are halfe boyled take them from the fire, and put them

in a strainer, and then in a clean Pipkin. Then take a little Rose-water, and a quarter of a pound of fine Sugar, vntill it be as cleare as glasse: then take a little large Mace a faggot of sweet Yearbes, a minst Lemmon, the pill taken off. Boyle a few Raisins of the Sunne with it, but first take out your Capon and straine the broth: put the Capon into a Dish very finely garnisht: then put the broth to the Capon: then take Parsley rootes, and lay them on the top of the Capon with your minst and sliced Lemmon, your Raisins of the Sunne, and your large Mace. Garnish your dish, as before is shewed.

To boyle a Capon in Rice.

BOyle a Capon in Salt & water, and if you like it, you may put into a faire cloath, a handfull of Oatemeale: then take a quarter of a pound of Rice, and steep it in faire water, and so halfe boyle it then strain the Rice through a Cullinder then boyle the Rice in a Pipkin, with a quart of Milke: put in halfe an ounce of large Mace, half a pound of Sugar: boyle it well, but not ouer-thicke, put in a little Rose-water: blanch halfe a pound of Al-

monds

monds, and beate them in a morter with a little Creame and Rose-water: beate them fine, and straine them into a Pipkin by it selfe. Then take vp your Capon, and set your Almonds a little against the fire; garnish your dishes as you thinke fit, and lay in your Capon, and put your Rice handsomely vpon the Capon, and then the broth vpon the Rice.

To boyle a Capon with Oysters, and pickled Lemmons.

BOyle the Capon halfe enough, with faire water & Salt: then straine some of the broth into a quart of Kenish-wine: then put in a few sweet hearbes, mince with a pickled Lẽmon or Orange, put all into the Pipkin, and let them boyle together. Then take the Oysters, picke and beard them, and parboyle them: then put them out of the broth into a Cullinder, & then put them into a Pipkin. Then take a few Raisins of the Sun: if you loue the juyce of an Onyon, first boyle some Onyons by themselues, and straine them, and then put them into the Pipkin, and serue in with what garnish you please.

To boyle a Capon with Pippins.

PArboyle it as before, then put two Marrow-bones into a Pipkin, or rather put the marrow of two or three bones into a Pipkin, with a quart of White-Wine, a little sliced Nutmeg, halfe a score of Dates. When you haue so done, put in a quarter of a pound of Sugar, then pare your Pippins, and cut them into quarters, and put them into a Pipkin, and couer them with a little Rose-water and Sugar, and boyle them. Then take (if you haue it) sippets of Bisket, and for want thereof take other Bread: then boyle seuen or eight Egges hard, take out the yolkes and put them in a strainer. Then take a little Verjuyce, and strong broth where the Capon is boyling, straine it, and put it in a Pipkin, and stirre all together with the Pippins and Muscadine: let the Muscadine bee put on, when the Pippins are cold.

To

To boyle Chickens in White-broth.

TRusse and parboyle them very white: then put them with sweet Herbs into a Pipkin with Mace, peeces of Sinamon, chop a little Parsley but course, and straine the yolkes of foure or five Egges, with a little verjuice, which must be put in when they are ready to be taken from the fire. Garnish your dish.

To boyle Chickens in soope.

BOyle them untill they bee enough, boyle Hartichokes very well, and blanch them. Then put your Chickens into a pipkin with strong broth. Cut your Hartichokes, and put them into a pipkin with a few sliced Dates: wash a few Raisins of the Sun, and a few Currans clean, put thē into a pipkin: then take Cola-Flora, and wash it clean, and parboyle it very well. When you take them from the fire, blaunch them very cleane, & put them into a pipkin: then take some of your Hartichokes left, and a little white Bread,

laid in steepe with a little broth and Ver
juyce, halfe a dozen yolks of hard Egges
and a little strong broth and Verjuyce,
quarter of a poũd of Sugar, put it into th
Pipkin, and stirre all together, with a gre
quantity of Butter: then mince the flow
ers of Marigolds, and boyle them with th
rest: scum the broth cleane, and then it wi
looke very cleare: with this boyling yo
may boyle Capon, Pigeon, Rabbet
Larke, &c.

To boyle the common way.

TKusse and parboyle them, and put th
into a Pipkin with strong broth: the
take Parsley, Endiffe, Spinage, a Fa
got of sweet Yearbes. Bruise your parsle
and Endiffe, and put them into a Pipki
and two or three ribs of Mutton, and if yo
haue any Potatoes, or Skirrets, put the
in with Marigold Flowers, and let the
boyle well together: then slice one Carro
and cast it in, and serue it with a few lace
Mace, and a little Verjuyce. Take th
yolkes of halfe a dozen Egs, mince the
by themselues fine, and the parboyld Pa
sley by it self; then mingle them with a fe
Barberries, cast all these things on t
top

toppe of the Chickens, after you have put them in the Dish: so also may you do with a Knuckle of Veale.

To boyle Chickens with Lettice the best way.

CUt every Chicken in foure quarters after the parboyling of them, and put them into a Pipkin with two or three Swæt-breads of Veale: or if you cannot so readily come by so many, then take the Udder of a Veale, & parboyle it very well: Cut it in peeces, and put it into the Pipkin, with a sliced Lemmon. Then take Lettice, cut them and wash them cleane, and bruise them withthe back of a Ladle, and put them into the pipkin: then take a good deale of swæt Butter, about the quantity of halfe a pound, halfe a pinte of Sacke, a quarter of a pinte of white-wine, Mace, a sliced Date, a Nutmeg: you may put in three or foure Dates sliced, if you have so many. Let all these boyle together ouer the fire with Marigold-flowers and swæt Yearbs.

To boyle a Rabbet.

PArboyle your Rabbet well, and cut it in peeces: then take strong broth, and a Fagot of Hearbs, a little Parsley, sweet Marjoram, three or foure yolkes of Egs, strained with a little white Bread, and put all in a Pipkin with Mace, Cloues, and a little Verjuyce to make them haue a tast.

To boyle a Rabbet with Grapes or Gooseberries.

TRusse your Rabbet whole, and boyle it with strong broth, vntill it be ready. Then take a pint of White-wine, a good handfull of Spinnage chopt in peeces, the yolkes of Egges cut in quarters, and a little large Mace. Let all boyle together with a Fagot of sweet Hearbs, and a good peece of Butter.

To boyle a Rabbet with Claret-wine.

VSe it as before is shewed, slice Onyons, and a Carret-root, a few Currans, and a Fagot of Hearbes, minst Parsley, Barberries pickt, large Mace,

Nut-

putmeg, and Ginger: throw them all into the Pipkin. Boyle it with half a pound of Butter.

To boyle a wilde Ducke.

TRusse and parboyle it, and then halfe roast it: then carue it, and saue the gravy: take store of Onyons, Parsly, sliced Ginger and Pepper: put the gravy into the Pipkin with washt Currans, large Mace, Barberries, a quart of Claret-Wine: let all boyle well together, scumme it cleane, put in butter and sugar.

To boyle a tame-Ducke, or Widgin.

PArboyle your Fowle well, take strong Mutton broth, a handfull of Parsley, chop them fine with an Onyon, and Barberries, pickt Endiffe washt: throw all into the Pipkin with a Turnip cut in peeces, and parboyld, untill the rankneſſe bee gone: then put in a little White-wine, or Verjuyce, halfe a pound of Butter: boyle all together, and stirre it, and serue it with the Turnip, large Mace, Pepper and a little Sugar.

To

To boyle Pigeons.

PArboyle your Pigeons with Parsley in their bellies, and Butter: put them in a Pipkin with strong broth, about a quart thereof, a ribbe of Mutton, large Mace, a little grosse Pepper, beaten Cinnamon, a little Ginger and Sugar, a few Raisins of the Sunne, a few Currans, Barberries in bunches, halfe a pinte of white-wine, boyle all together with a little Bread steeped in broth, to colour it, straine it with some of the broth, and put it into the pipkin: let them boyle till they be enough, and so serue them in. This broth may serue to boyle Woodcockes, or Partridges in, with this difference, take some of the broth out of the Pigeon, and put in a minst Onyon. Let all boyle vntil it be enough.

To boyle Pigeons with Capers or Sampyre.

PUt them into a Pipkin, with a pint or more of White-wine, a little strong broth, a ribbe or two of Veale: wash the saltnesse of your Capers or Sampyre, blaunch halfe a pound of Almonds, put them in cold water, cut them longwise, a

at them into the Pipkin with Raisins of he Sunne. Take large Mace, a little sli- ed Ginger, a sliced Nut-meg: let them all oyle together with a Fagot of Yearbes, Throw in to them three or foure yolkes of Egs whole, and a peece of Butter, then ut in the Sampyre or Capers. This boy- ing will serue well for Rabbets.

To boyle Sawceges.

Put them into a quart of Claret wine, large Mace, Baberries, Sinamon, a andfull of sweet Yearbes. Garnish this Dish with Sinamon, Ginger, and fine ugar.

To boyle Goose-giblets, or Swannes giblets.

Pick and parboyle them cleane, and put to them some strong broth, with Onyons, Currans, and Parsley, & let all oyle together with large Mace, and Pep- er: boyle them well with a Fagot of weet Yearbes, and then put in Verjuyce nd Butter.

Giblets

Giblets with Hearbs and Rootes.

PIcke and parboyle them, and put them in a quart of Claret-wine into a Pipkin, halfe an ounce of Sugar, a good quantity of Barberries, Spinage, and a Fagot of swæt Yearbs, boyld Turnips, and Carrets sliced, and put them into the Pipkin, and boyle them well together: then take strong broth, Verjuyce, and the yolkes of two or three newlayd Egs: straine them, and put them into the Pipkin.

To smoore a Racke or Ribbs of Mutton.

CUt your Mutton in peeces, & split it with the backe of a Cliuer, and so put it into a dish, and a peece of swæt Butter, and put it into the bottome of your dish, then take a Fagot of swæt Yearbs, and grosse Pepper: stue them in a couered dish with a little Salt: turne them now and then, and when they are enough, put them in a cleane Dish with sippets. The Dish is best garnished with Barberries, and Pepper.

For

For the fillets of a Veale, ſmoored it a Frying-panne.

CUt them as for Olives: hacke them with the backe of a knife: then cut lard fine, and lard them, then put them in Frying-pan with ſtrong Beere, or Ale, and frie them ſomewhat browne: then put them into a pinte of Claret-wine, and boyle them with a little Sinamon, Sugar and Ginger.

A Diſh of Steakes of Mutton, ſmoored in a Frying-panne.

TAke your Legge of Mutton cut into Steakes, & put it into a Frying-pan, with a pinte of White-Wine, ſmooze them ſomewhat browne: then put them into a Pipkin: Cut a Lemmon in ſlices, and throw it in: then take a good quantity of Butter & hold it over the fire: when it is ready to frie put in a handful of Parſley, and when it is fryed, put it into the Pipkin and boyle all together. This Diſh would be garniſhed with Sinamon, Sugar, and ſliced Lemmons.

To

To smoore a Chicken.

CUt it in small peeces, and fry it wit
sweet Butter: take Sacke, or white
Wine, Parsly, an Onyon chopt small,
peece of whole Mace, and a little gro
Pepper: put in a little Sugar, Verjuy
and Butter. Then take a good handfu
of Clary, and picke off the stalkes, the
make fine batter with the yolkes of tw
or three new-laid Egges, and fine flowr
two or three spoonfuls of sweet Cream
and a little Nutmegge, and so frie it in
Frying-pan with swæt Butter: serv
your Chickens with the fryed Clary o
them. Garnish your dish with Barberi

To fry Mussels, Perywinkles, or Oyster to serve with a Ducke, or single by themselves.

BOyle these shell Fishes: then flow
and fry them: then put them into
Pipkin, with a pinte of Claret-Win
Sinamon, Sugar, and Pepper. Ta
your Ducke boyled or roasted, and p
them into two severall Pipkins, if one b
boyled, and the other roasted, and a lit
Suga

ugar, large Mace, and fryed toasts, cke round about it with Butter.

To marble Smelts, Soales, Flounders, Plaice, &c.

Frye Sallet Oyle in a Frying-pan, or Chafer, wipe your Fish, and when the yle is hot, put in so much Fish as the yle will couer, and when it wastes you ust supply it. Then fry Bay-leaues, here the Fish hath beene fryed in whole eces: put Claret-Wine into an earthen anne, put the fryed leaues into the bome of the Panne, and let some of them aloft: slice an ounce of Nutmeg, or raer two, as much Ginger, and large ace, a few Cloues & Wine-Winegar: t your marble Fish into the Liquor, so s the Bayleaues and spices couer it, as ell as it that lyeth vnder. And vpon ocasion serue it with the Bay-leaues, and e spices of the liquor.

To congar Eeles in Colar, like Brawne.

Cut them open with the skin on, and take the bone cleane out, large Mace, rose Pepper, some fine swæt Hearbes, chopt,

chop vnder your Knife. Then straw t
Hearbes and the Spices all along the t
side of your Eele, and rowle it like a c
lar of Brawne: so may you doe wi
Tenches, boyled in faire water, whi
Wine, and a quantity of Salt, so put
some sliced Ginger, Nutmeg, and Pepp
in graine. When it is well boyled put
into an earthen Panne, couered with t
owne liquor, and a little White-wi
Vinegar.

To sowce a Pigge in collars.

Chine your Pigge in two parts: ta
out all the bones, lay it in a Keeler
water all night. The nert day scrape
all the filth from the backe. and wipe
very drie: then cast Pepper on it, a litt
large Mace, and Ginger, with a Bay-le
or two, euen as you would doe a collar
Brawne, and let your panne boyle befo
you put it in: keepe it with scumming b
till it bee halfe boyled, then take out
Ladlefull or two, and put it in a Pan
it selfe, put into this boyling some Reni
or Claret-wine, sliced Nutmegge, gro
Pepper, sliced Ginger. Let it stand vnti

be almoſt cold, and then diſh it with
ay-leaues.

To ſowce a breaſt of Veale.

Boyle your breaſt, and lay it in kayze
water, vntill the blood be gone. Then
e it, and dry it, and take all kinde of
æt hearbes, Nutmeg beaten, Sinamon
aten, Ginger beaten, but not too fine,
allender, pared Lemmon-pill cut in fine
ces: mingle all together, ſpread your
eale, and caſt it on the inſide, and then
ole it like a collar of Brawne, binde it
ſe. Let your liquor boyle, and put in your
ale. So you may vſe Reekes vnbound,
Breaſts vnbound. Let it be ſcum'd
ry cleane: then put in a Fagot of ſweet
arbes, and keepe it couered, for that will
ke it white: when it is almoſt boyled,
ow in ſliced Nutmeg, large Mace, a lit-
Ginger, a Lemmon or two ſliced.

To haſh a ſhoulder of Mutton, or a Legge of Lambe.

Take your meate off the Spit, and haſh
it into a Pewter Diſh: put in ſome
nniſh-Wine, Raiſins of the Sunne,

slices Lemmon, raw Oysters: put the all together into a pipkin, and stir the If you want Oysters, and Raisins, th take two Oysters whole, put them in the meate. If you want Wine, ta strong broth, Verjuyce, & Sugar, Thro a few Barberries into the Dish, and ser it on toasts or sippets.

A Legge of Lambe fearst with Hearbes.

Serue it as before shewed, with sw Hearbes, and grated Bread, Bis seedes, a few Coriander-seedes, Lemm pills minst fine, Nutmegge sliced, sli Dates, a little grosse pepper, Cape washt cleane: put all together with fre seuen yolkes of new-laid Egges, hard r sted, and whole, & put them in your stu and worke them with Sugar, Rosewa and Verjuyce, and the Marrow of a b or two, Salt, and pepper, put all toget into the Skin: Carrawayes and Ozen do are fittest garnish for your Dish.

To ſmoore Calves feet.

BOyle and blaunch them, and lay them in faire water and Salt, and when they are cold, cut them in the middeſt, and take out the blackneſſe, and put them in a Diſh with ſweet Butter, Mince parſley, Onyons, and tops of time, Currans, large Mace, pepper, with a little Wine-Vinegar. Let all ſtue together vntill they bee readie: put in a few Barberries, chopt parſley fine, two or three yolkes hard, and minſt by themſelues, Roſe-water, and ſugar, and when you ſerue it, ſtrow it with parſley and hard Egs.

Another way.

BLaunch them as before, put them in a Diſh with faire water and Butter, chop Lettice, and Spinnage, with the backe of your Knife: and put them in a Diſh: let them boyle with large Mace, ſliced Lemmon, a few Grapes, or a ſteived Cucumber ſliced. Let all boyle well together with pepper: ſtraine into a Diſh the yolkes of Egges, Verjuyce, and Sugar: ſtraine them together when they goe to the Table, This boyling will ſerue for

Neates-fæt, Shéepes-Trotters, or Hogs-fæt: ſerue them hot at Supper.

To haſh Neates-tongues.

BOyle them, and blaunch them, and ſlice them in péeces, put them into a Pipkin with Raiſins of the Sunne, large Mace, Dates ſliced, a few blaunch't Almonds, and Claret-wine, boyle all together with halfe a pound of ſweet Butter, Verjuyce and Sugar. Straine a Ladle full of liquour, with the yolkes of about halfe a dozen Egges.

The ſame with Cheſtnuts.

SErue your tongue, as before: put it in a Pipkin with blaunch't Cheſt-nuts, ſtrong broth, a Fagot of Yearbes, large Mace, waſht Endiffe, a little Pepper, a few Cloues, and whole Sinamon. Boyle all together with Butter, ſeaſon them with Salt onely, garniſh your Diſh as you liſt.

Certaine

Certaine Gellies.

Christall Gellie.

TAke a Knuckle of Veale, & a paire or two of Calues-feete, take out the fat betweene the Cleaue, wash them in two or three warme waters, and let them be all night in an earthen pot or panne, in faire water. The next day boyle them very tender in faire Spring-Water, from a gallon to three pintes: then let the liquor stand vntill it be cold in an earthen Bason, pare away the top and bottome, and put to it a little Rose-water, season it with double refined sugar, then put to it halfe a dozen spoonfuls of Oyle of sinamon, and as many of Oyle of Ginger, and halfe so much Oyle of Nutmeg, a graine of Muske tyed in a little Lawne: when all this is boyled toge-

ther, put it into a Siluer or earthen Dish, and so let it stand vntill it bee throughly cold, and then either serue it in slices, or otherwise, as you please.

To make Gellie of Pippins, of the colour of Amber.

TAke eight faire pippins, take out the coares, boyle them in a quart of Spring-water, from a quart vnto a pinte: put in a quarter of a pinte of Rose-water, a pound of fine Sugar, and boyle it vncouered, vntill it come to the colour of Amber: you may know when it is enough, by letting a drop fall on a peece of Glasse, and if it stand it is enough: then let it runne into an earthen or Siluer Bason vpon a Chafindish of Coales, and while it is warme, fill your Boxes or Printing-moulds with a spoone, and let it stand, and when it is cold you may turne it out of your mould, and it will be printed on the vpper side.

To

To make Gellie of Pippins, as orient red as a Rubie.

TAke eight faire pippins, take out the coares, boyle them in a quart of ſpring-water, and a pound of fine Sugar, boyle it till couered cloſe vntill it be red, and in all the other operations you muſt doe as in the Amber coloured-Gellies, remembring alwaies that your Bore or moulds be laid in water before you vſe them three or foure houres, and the Gellie will not cleaue vnto them.

To make white Leach of Almonds.

TAke halfe a pound of Iordan Almonds, lay them in cold water, the next day blanch them, and beate them in a ſtone Morter, put in ſome Damaske-roſe-water in to the beating of them: and when they be beaten very fine, drawe them through a ſtrainer, with a quart of ſweet milke, from the Cow: ſet it vpon a Chafing-diſh of Coales, with a peece of Aſin-

glas, a péece of whole Mace, one Nutmeg quartered, a graine of Muske tyed in a faire cloute and hung vpon a thred in it: And when you see it grow something thicke, take it off the fire, and take out your whole spices, and let it runne thorow a strainer, into a broad deepe Dish. And when it is cold, you may slice it, & so serue it in. If you please you may cast some of it into colours, as Yellow, Greene, Red: your yellow must be Safron, or the blossomes of white Roses: the Greene must be the juyce of Greene Wheat: and your Red you must make with Turnsoll: thus you may haue Leach of foure seuerall colours.

FINIS.

THE SECOND BOOKE OF Cookerie.

VVherein is set forth the newest and most commendable Fashion of Dressing, Boyling, Sowcing, or Roasting, all manner either Flesh, Fish, or any kinde of Fowle.

Together with an exact order of making Kickshawes, or made-dishes, of any fashion, fit to beautifie either Noblemans or Gentlemans Table.

All set forth according to the now new English and French fashion.

BY

IOHN MURRELL.

The fifth Impression.

LONDON,
Printed for *Iohn Marriot*, and are to be sold at his Shop in Saint Dunstans Church-yard. 1638.

TO THE RIGHT WORSHIPFVLL THE Lady *Browne*, Wife to the right Worſhipfull Sir *Iohn Browne*, Knight: health and happineſſe.

My moſt Honourable Lady:

THE laſt Booke of this kind which I publiſhed (the laſt yeare) having under your name found ſo good welcome at their hands into which it chanced, (ſith it mended their fare with their owne food) hath now for (their further well-fare in the like maner) called out this Second part, as a ſecond ſervice to ſatisfie their more daintie deſire: In which ſervices, ſuch Novelties as *Time*, *Arte* and *Diligence* (the Perfecters

fecters of each *Faculty*) doe daily devi
may be ſeene and practiſed, to give all co
tentment to the curiouſt pallate. And t
I take to be no ſinfull curioſity, but it is
ther a ſinne to marre good meate with
handling; and ſo the old proverbe veri
ed; *God ſends Meat, but the Devill Cook*
What it is, (*Good Madam*) is altogeth
with the Author, yours, though he ſhew
others; that ſo the world may be thankf
to you for good meate well dreſt thou
at their own coſt: And let me looſe my cr
dit with you and the world too, if it d
ceive their expectation, ſo as they cooke
by this booke. To the tryall whereof I r
ferre them: recommending it and my ſelf
to your Ladyſhips wonted favour, reſti
in all humble ſervice.

Your Ladyſhips

IOHN MURRELL.

THE SECOND Booke of Cookery.

To boyle a Capon larded with Lemmons on the French fashion.

TAke a fat yong Capon, and three or foure peeces of a neck or chine of Mutton, & put them together in a pot or Pipkin vntill your Capon bee tender: boyle them with as much faire water as will couer them, then take a pinte of the broth out from them, and put it in another Pipkin: put in sixe blades of whole Mace, as many Dates broken in quarters, and eight lumpes of Sarrow: then take two Artichoake bottomes, cut them in square peeces or quarters:

quarters: if you haue no Hartichoakes then take potatoes, and as much sugar a will sweeten it, boyle them on the fire, u till the Marrow be boyled, then take t yolkes of fiue or sixe Egs, halfe a pinte Sacke or Muscadine, wring in the juy of two or three Lemmons, a little Sugar a little Amber-greece, a little Rosewa ter and salt, straine them thorow a Ca nis strainer, and put them into a pipki to your Marrow, brew them together wit your Ladle, that they curdle not. Garnis the Dish with wet Suckets and preserue Barberries, your Sippets must be bye bread: then take vp your Capon, and tak a preserued Lemmon cut in long slices draw those slices thorow the breast of t Capon thicke, lay the Capon into you garnisht Dish, and poure your broth hot o the top of the Capon: Lay on it Sucke and preserued Barberries, scrape on fin Sugar, then serue it hot to the Table.

To boyle Chickens.

BOyle your Chickens in a Skillet o greene pipkin, with as much faire wa ter as will couer them, put to two or thr whole Maces, and put in to them a g

pa

ece of Butter, and a little salt, according to the quantity of your broth, one handfull of pickt parsley, two or three sprigs of Time and Winter-Savory stript, bruise them together, and put them into your pipkin to the Chickens, and when the Chickens bee almost boyled, put in a handfull of Gooseberries or clusters of Grapes greene, or Lemmons payed and cut in pieces, or Barberries off the tree or out of the pickle: take any of these fruits, garnish your dish fitting for your Chickens, serue them in upon hot sippets, lay the Liuers & the Gizzards with the fruit on the Chickens, scrape on fine sugar, and serue it hot to the Table.

Another way to boyle Chickens, or a Capon in White-broth.

TAke and boyle in a pot or pipkin two or three small Chickens, take two or three blades of whole Mace, as many quartered Dates, three or foure lumps of Marrow, a little Salt. a little Suger, the yolkes of two or three Egges, a quarter of a pinte of Sacke, straine your Egges, and Sacke thorow a Tannis strainer, and put them in to the Chickens, brew it with your

your Ladle for curdling: slice a Lemmon rinde, but first taste it, that it be not bitter, if it be, pare it, and garnish your Dish with Lemmons and hard Egs quartered: then poure the broth vpon sippets, and lay in the Chickens, scrape on Sugar, and serue it hot.

Another way to boyle Chickens, for one that is sicke, and to prouoke sleepe.

PUt two or three small Chickens into a greene Pipkin, with as much fatre water as will couer them, scumme them, and put into them the top or bottome of an vnchipt Manchet, two or three blades of Mace, one handfull of Raisins of the Sun, the stones pickt out, as much sweet Butter as a walnut, parboyle three or four hard Lettices in Lettice water in a Skillet, cut them in quarters, put them to your Chickens, wring in the iuyce of a Lemmon, let him drinke the broth, and eate the Lettice with the Chickens: If the Patient be bound in the body, put not in the Butter vntill the Chickens be boyled.

Ano

Another way to boyle them on Sorrell-sops, for him that hath a weake stomacke.

BOyle them in as much faire water as will couer them, with pickt Parsley and sweet Butter stopt in their Bellies: put into the broth, Parsley, Winter-sauorie and Time pickt and stript, a blade or two of Mace, one handfull of greene Sorrell, stampt in a wooden Dish, or stone morter: put halfe your broth into the Sorrell from the Chickens, wring in the juyce thorow a Canuas strainer into a pewter Dish, put in as much Butter as a walnut, a little Sugar, then set it on a chafingdish of coales, then take a deepe Dish, lace in some Manchet, couer the bottome of the dish with them, poure the other halfe of the broth from your Chickens vpon the sippets, and lay the Chickens on them, then take your Sorrell sawce, and poure it on the Chickens, scrape on Sugar, and serue it hot to the Table.

To boyle Partridges.

PUt two or three Partridges into a pipkin with as much water as will couer

them, then take thrée or foure blades of Mace, one Nutmeg quartered, fiue or ſixe whole Cloues, a péece of ſwéete Butter, two or thrée Manchet toaſts toſted brown, ſoake them in a little Sacke or Muſcadine, ſtraine it thorow a Canuas ſtrainer with a little of the broth, then put them into the Pipkin, to the Partridges, boyle your Partridges, very ſoftly, often turning them vntill your broth bee halfe boyled away, then put in a little Salt and a little ſwéet Butter: when your broth is boyled, garniſh your diſh with a ſlice Lemmon, the yolke of an hard Egge minſt ſmall, then lay on ſmall heapes betwéene the ſlices of the Lemmon, then lay your Partridges in your garniſht diſh vpon ſippets, and poure your broth hot vpon them, lay vpon the breaſt of your Partridge round ſlices of a Lemmon pared, minct ſmall, and ſtraw on the yolke of a hard Egge: pricke all ouer the breaſt of your partriges fiue or ſixe wing-feathers, ſcrape on Sugar, and ſerue it hot. In like manner you may boyle young Pheſants, or young Turkies, or Peachickens or Woodcockes or Quailes, or Larkes, or Sparrowes.

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To boyle a Legge of Mutton on the French fashion.

TAke a faire Legge of Mutton, and a peece of suet of the kidney cut in long slices as bigge as ones finger, then thrust your Knife into the flesh of your Legge downe as deepe, as your finger is long, and thrust into euery hole a slice of the aforesaid Kidney Suet, but take heed that one peece touch not another: boyle your Legge well, but not too much, then put halfe a pinte of the broth into a Skillet or Pipkin, and put to it three or foure blades of whole Mace, halfe a handfull of Currans and Salt, boyle them vntill the broth be halfe boyled away: then take it off the fire, and straight before the broth hath done boyling, put in a peece of sweete Butter, a good handfull of French Capers, and a Lemmon cut in square peeces like Dice, with the rinde on, and a little Sacke, and the yolkes of two hard Egges minst. Lay your Legge of Mutton with the fairest side vpward vpon sippets within your garnished dish: hauing all these things in readinesse to put into your aforesaid broth when it comes boyling off the fire, then

poure it on your Legge of Mutton hot, so scrape on Sugar, and serue it hot to the Table.

To farce a Legge of Mutton.

CUt out all the flesh at the Butte end, from a faire Legge of Mutton, but take heed you cut not the vttermost skin, mince the flesh small that you haue cut out, euen as it were for pies, then mince among your meate foure pound of dubbing suet, so you may make of it fiue or sixe small pies, and yet there may be left enough to fill you Legge againe, but before you put it into your Pyes, season it with a little white Salt, and a little Sugar, Cloues, Mace, and Nutmegges: then of foure spoonefuls of Rose-water, halfe a handfull of Carraway-seed, couered with Sugar, two pound of Currans, one of Raisins of the Sun without their stones, sixe Dates minst, stirre all these betwixt your hands and fill your Pies, bake them in a moderate Ouen, for they will endure no great heat, and will bee baked in an houre: then take the rest of the meat that is left, and worke it with an Egge and put it into your Legge of Mutton

when

where your meate came out. This lets you vnderstand, you must leaue out of your pies as much as will fill your Legge of Mutton, then prick vp your Legge with a pricke at the end where you put your meate in: then set it in an Ouen in an earthen panne or Dish, or if you please you may put it on the spit and roast it: if you doe so, then set a dish vnder it and saue the grauy, and if you take the thickest of the grauy that is in the bottome of the Dish, put a little White-Wine, and Vinegar, a few Barberries, and the yolke of an hard Egge minst: if you haue no Barberries, then take Capers: lay your Legge on sippets, and garnish your Dish with sliced Lemmons & Barberries, or Capers, poure your sawce hot on, and scrape on Sugar, &c

To farce a Legge of Lambe.

CVt out all the meate, as before in the Mutton, and mince it with halfe a pound of beefe Suet very small, then take two handfulls of Parsley picked cleane, halfe a handfull of Winter-Sauory and Time picked very cleane, and mince them very small: then season your aforesaid

Lambe with halfe the hearbes, and a little Cloues and Mace, a little Sugar and white Salt, a little Salt will be enough: then put in a handfull of Currans, and worke it vp with an Egge: then put halfe your meat into your Legge of Lambe, and pricke vp the end with a pricke, and worke the rest of your meate into little round cakes, as broad as a shilling: put your Leg of Lambe into the pot, with as much Mutton broth as will couer it, if you haue it not, then take faire water, and put in a little Cloues and Mace, & the other halfe of the Hearbes, and the meate that you did make in little cakes, and let it boyle with often turning it round, vntill it be boyled vnto a pinte: then put in three or foure spoonefulls of Vinegar, and then take vp your Legge of Lambe, and put it into a boyld meat Dish vpon sippets: and poure your broth and your round peeces of the meat on the top of the Lambe: then scrape on fine Sugar, and serue it hot to the table.

To stew Trouts.

PVt three or foure Trouts in a pewter dish, and a quarter of a pinte of white

Wine,

Wine, or of Sacke, with a péece of fwéet Butter, as bigge as an Egge, a little whole Mace, a handfull of Parfley, a little Sauory and Time, mince all together, and put them in to the Trouts: if you haue no Wine, take faire water, and one fpoonfull of Vinegar, and a little Sugar, and let thefe ftew a quarter of an houre, then mince the yolk of an hard Egge, and ftrew your Trouts with it, poure the broth and Hearbes all ouer them, ſcrape on fine Sugar, and ſerue it hot to the Table.

To make a farſt Pudding.

MInce Mutton, Veale, or Lambe, with béefe Suet, a handfull of Parſley, a little Winter Sauory and Time: ſeaſon your meate with a little Cloaues and Mace, Salt and Sugar, worke it vp like birds or little bals, or like Lemmons, put them in a pewter diſh, put to them a little Mutton or freſh Béefe broth, as much as will couer them, put into the broth a little Mace, Winter-Sauorie, Parſley and Time, ſhred ſmall together: it muſt bée put in when the broth is halfe ſtewed, and ſo it will make it gréene.

Garnish your Dish with a sliced Lemmon or Barberries: Lay Sippets about your Dish, and lay your Birds or Bals on the sippets, then put a spoonfull of Sugar, and two of Vinegar: poure your Broth on them, scrape on fine Sugar, and serue it in to the Table hot.

To boyle a Pike.

TVrne a Pike round with his taile to his mouth, cover it with fayre water in a panne or in a kettle, and with it also cast in a good handfull of white Salt, a handfull of Rosemary, Time, sweet Marioram and Winter-Savory: when your water boyles put in your Pike, and make it boyle vntill it swimme, and then it is boyled enough: then take a little White Wine and Verjuyce, about the quantity of halfe a pinte, a few Prunes, a little large Mace, Sugar, Currans, sweet Butter, as much as an Egge: Let all these boyle together vntill your Currans be soft: then take vp your Pike and lay it vpon sippets, and if you will you may take off the scales, but the best is to let them alone: Lay all ouer your Pike parboyld Parsley, and pickled Barberries, then take the yolkes of

of two new-layed Egges, straine them with a little White-Wine or Verjuyce, & put them into your broth vpon the Pike, scrape on fine Sugar, and serue it hot to the Table.

To farce a Legge of Mutton on the French fashion.

CVt out all the meate of a faire Legge of Mutton, at the butt end, mince it with halfe a pound of Beefe-suet, take a handfull of Parsley, fiue sprigges of Winter-Sauory, and as many of Time, mince all together very small, and put it into your meate: then season your meate with Cloues, Mace, Salt, Sugar, and a handfull of Currans: worke vp your meate and Hearbes with a couple of Egges, and put it into the skinne of the Legge of Mutton where you cut it out: pricke it vp close with a long pricke, then take the rest of your meate, and worke one halfe of it into little cakes, as broad as a shilling, let the other halfe bee in little crummes like minst meat: then couer your Legge of Mutton in faire water, in a Pot or Pipkin, and put your round peeces of meat, and all your lose meat in, then take

fire

fiue blades of whole Mace, fiue Dates quartered, a handfull of French Capers, halfe a handfull of Currans, and two spoonfulls of sugar, a little beaten Cloaues and Mace, boyle all these together softly, ouer a moderate fire, oftentimes turning your Mutton that it burne neither to the pots side nor bottome, and when it is boyled to the quantity of a pinte and a halfe, then garnish your Dish with Capers and a sliced Lemmon, then mince the yolke of an Egge as small as Dice, you must take the Lemmon rinde and all, but if it be bitter, it will marre the taste of the meate, therefore pare off the yellow outside: then lay your Legge of Mutton in Sippets on your Garnisht Dish, and put into your broth a little Sacke or Muscadine, or White-Wine: if you haue none of all these, then take a little Vinegar and Sugar, the quantity of the fourth part of a pinte, poure your broth on the toppe of your Legge of Mutton, then cast on it your aforesaid minst Lemmon and yolkes of Egges, hauing them ready against your Mutton be boyled, then scrape on Sugar, and serue it in hot: you may lay about it and vpon it garnishing of puft-past, if you

haue

ane it not ready, then a Lemmon will erue as well.

To boyle a Carpe or a Breame.

Couer your Carpe or Breame with faire water, in a Skillet or pan vpon the fire, put in a handfull of white-Salt, a handfull of Rosemary, Time and sweete Marjoram, put in a pinte of White-wine Vinegar, or a quart of White-wine or Claret, and make it boyle: then take a faire Carpe or Breame quicke, take out the guts, and wash your fish cleane, tie it vp close in a cloth, that the scales fall not off with boyling: then put it into the boyling liquor, let it boyle vntill it swimme, then take a pinte of Claret Wine, and foure races of the whitest Ginger sliced, fire blades of whole Mace, a good peece of sweete Butter, and a handfull of Sugar, let it boyle vntill it taste of the spices: then take vp your Carpe or your Breame, and lay it vpon sippets in a Dish broad enough for your fish, and put into your Wine and spices another peece of sweet Butter, when it hath done boyling, (for then it will not be so oylie,) then powre it on the toppe of your fish, then straw on good store

of

of beaten Ginger vpon the Fish, being t
boyled as is before shewed: scrape on fin
Sugar, and serue it hot: but in any wis
take heed you breake not the scales of you
Fish.

To boyle a wild-Ducke, Widgin, or a Teale, on the French fashion.

DResse your Fowle, truss vp th
Legges vpon the backe, put it vpon a
Spit, with a quicke fire, halfe roast it, an
set a dish vnder it to saue the graue, bast
it once with sweet Butter, but no oftner
when you thinke it halfe roasted, take i
vp and lay it in the Dish wherein you sa
ued the graue, launch it downe the breas
with your knife, and cut vp the wings
broad like a Shoulder of Mutton: then
take a handfull of Parsley, fiue or sixe
sprigges of Sauory, and as much Time,
and a handfull of Raisins of the Sunne
without their kernels or stones, mince all
together small, then put your Ducke or
other fowle afore named into a Pipkin,
with as much as halfe a pinte of strong
Mutton broth, or fresh Beefe broth: put in
a quarter of a pinte of Sacke or White-
wine, then put in halfe your Hearbes, and

Raisins

aisins and graule of your Ducke into
e Pipkin vnto your Ducke, put in fiue
lades of whole Mace, a little Sugar, a
eaine or two of Salt, let your Ducke
oyle, oft turning it, vntill it be halfe boy-
d away: in the meane while, take the
ther halfe of the Yearbes and Raisins,
ingle them with the White of an Egge,
nd frye them with a little suet in a panne,
round Cakes like Figges, frye them
orowly and they will be greene, but burne
em not. Then dish vp your Ducke vpon
ippets, and powre your broth vpon the
ppe, and lay on your round Sippets vpon
e breast of your Ducke, scrape on Sugar,
nd serue it hot to the Table.

Another way to boyle small Carpes or Breames.

Scrape your Fish, and put it in a skillet
or Pipkin, and halfe a Pinte of faire
ater and as much White-wine, take the
nilches and refuse of your Fish, wash them
leane, and put them againe into your fish:
hen put in fiue or sixe blades of whole
ace, a handfull of Parsley cleane pickt, a
ittle Sauory, and as much Time script, a

good

good peece of sweet Butter, a little Sugar
Put all these into your fish, and let it boyl
vntill it be halfe boyled away, then p
in a handfull of Gooseberries or Grape
in clusters, or if you haue neither of both
then take Barberries, or a sliced Lemmon
and straine the yolkes of three Egges wit
a little Vinegar or Wine-wine, put it in
to your broth to thicken it: then Dish v
your fish with any garnishing that yo
haue, and lay in your fish, and powre th
broth vpon it, scrape on Sugar, and serv
it hot to the Table.

Another way to boyle a Legge of Mutton or Lambe.

CVt a peece of Kidney suet in squar
peeces, of the bignesse and length o
your finger, and then thrust your knife in
to fiue or seuen places of the meat, and pu
your peeces into the holes: boyle you
Mutton or Lambe, often turning it, bu
take heed you ouerboyle it not: then boyl
a good handfull of Parsley tender, minc
it small with your Knife, then warme
quarter of a pinte of white-Wine Vine
gar with a Chafindish of Coales, with
peece of sweete Butter as bigge as a
Egge

Egge, and put in a few clusters of Barberries, boyled or pickled: then Dish up your meate upon sippets, powre this sauce upon it, and serue it hot.

To boyle Eeles.

FLey and wash your Eeles, and cut them in peeces about a handfull long, cover them in a pot or Pipkin with water, put to them a little Pepper, and Mace beaten, and sixe Onyons in thin slices, a little grated bread, three or foure spoonefuls of Ale-yeast, a good peece of sweete Butter, a handfull of Parsley, a little Winter-Savory, and as much Time, shred them small, and put them in, and boyle them moderately halfe an houre: assone as they beginne to boyle, put in a handfull of Currans well washt and pickt, and when it is boyled, put in a little Vinegar or Verjuyce, and another peece of sweete Butter, and a little Salt: then lay them upon sippets, and serue them hot to the Table.

To Boyle a Rabbet.

FLey and wash your Rabbet, slit the hinder legges on both sides of the back-bone,

bone, turne them forward and trusse it pricke them close to the body of the Rab bet, and set the head right vp, with a prick right downe in the neck, then put it into a pot or Skillet, that you may turne it in and couer it with faire water, and make it to boyle; then season it with a little whole Mace, sweet Butter and Salt, and a few Currans, a handfull of Parsley, a little Winter-Sauory and Time, bruised with the back of a Ladle: then scrape a raw Carret, then take the yolkes of two hard Egges, a toast of manchet, straine it with a little Verjuyce thorow a strainer, and put all these into it, both to season it and to thicken it, then let it boyle leisurely with often turning it, vntill your broth be halfe boyled away: then put in a little sweet Butter, a little Sugar, and a little more Verjuyce, and then dish it vpon Sippets, and powre your broth vpon it, scrape on Sugar and serue it hot to the Table.

To boyle Lamprels.

WAsh your Lamprels, but take not out the Guts, cut them in peeces about an inch long, and put into the pot or posnet twice so much water as will

couer

cover them, season it with Pepper and Salt, thicken it with a few Onyons, and a little grated bread, and a little Ale-yest, then shred a handfull of Parsley, a little Winter-Sauory and Time small, let all boyle vntill the broth be half boyled away: then put in a good peece of swæt butter, and let them boyle a little more, then serue it either in dishes or in pozengers.

To boyle a Necke, or a Loine, or a Chine of Mutton, or to boyle a Necke, or Legge, a Fillet, or a knuckle of Veale, or to boyle a Legge, or Loine of Lambe.

CVt any of these meates in so big peeces as that two or three of them may serue in a Dish, and put them into a Pot, with so much water as will cover them: if you haue one necke of Mutton or Veale, then you may take two handfuls of Parsley, and ten sprigs of Winter-Sauory, as much of Time: then put into these Herbs twelue reasonable great Onyons, but if they be small, then take the more, grate in halfe a penny loafe, put into

these an ounce of Cloaues and Mace, two or three cornes of Pepper, all your spices being beaten small, put in the quantity of one ounce of Sugar, and fiue spoonefulls of Ale-yest, and a little Salt: put all these into your meate when it begins to boyle: then let it boyle moderately vntill it be halfe boyled away, often stirring it that it burne not, then put in fiue or fiue spoonefulls of Vinegar: then you may Dish it in as many Dishes as you see fitting, according to the occasions: serue it in to the board hot.

To stew Smelts or Flounders.

PVt your Smelts or Flounders in a deepe dish, put to them a quarter of a pinte of Vinegar or white-wine, as much Butter as two Egges, put in a little great Pepper, a handfull of Parsley, fiue sprigs of Winter-Sauorie and as much of Time, shred them, and mince them small in the yolkes of two hard Egges: put in all these when you put in your fish, and let them stew, now and then turning them and your fish, and when you see them stewed, dish them vpon sippets, and lay on them

them bunches of pickled barberries, scrape on Sugar, and serue them hot to the table.

To boyle Pigeons on the French fashion.

TRusse your Pigeons ready to be boyled, couer them with water, take two or three blades of whole Mace, a handfull of French Capers, a few Raisins of the Sunne, shred small three or foure Dates, broken into quarters, a good peece of sweet Butter, and a little Sugar, let them boyle halfe away, then put in the yolke of a hard Egge minct, a little sweet Butter, three or foure spoonefuls of Vinegar, as your taste shall direct you more or lesse: garnish your dish with some of your aforesaid Egges, and take out some of your Capers out of your broth, lay them vpon sippets, scrape on Sugar, and serue them hot to the Table.

Another way to boyle a Pike.

TAke out the riuet out of your Pike, and wash it, and cut it in peeces all of a length, three peeces are enough, then take the middle peece and slit it downe the

into two péeces, then couer it in the panne or kettle with faire water, and boyle it with a handfull of white Salt and swéete Yearbes, but put not in your fish vntill the water boyle, and then let it swimme before you take it vp, for it is not enough till then: then take it vp, & lay it vpon sippets with the head and taile, and cut ends both together in the middle of the Dish, then lay your middle péeces on each side one, with the scales vpward: if it be a smal Pike you may take off the scales: but if it be a great one, then let them alone, for they kéepe your fish very white: boyle a good handfull of Parsley tender, and mince it fine, & put it into a Pipkin with a quarter of a pinte of Vinegar, and as much swéet Butter as an Egge, eight or nine clusters of Parboyld Barberies, a little Sugar to take away the sharpnesse of your vinegar, powre it vpon your dish of fish hot, but let it not boyle: scrape on Sugar, &c. You may garnish this Dish with boyld Parsley, Barberies, and mince also the yolke of an Egge and strew on it.

To

To boyle Olives of Veale.

CVt a fillet of Veale in thin slices, as broad as your hand, and then beate them with the backe of your chopping knife, then take two handfuls of Parsley, and halfe a handfull of Rosemarie and Time, picke them and shred them small, put to them a handfull of Currans, the yolkes of two or three hard Egges minct, a little Sugar: worke all these with a raw Egge: season your peeces of Veale with Mace, Pepper, Ginger, and Salt: then put your farcing hearbs upon your thin peeces of Veale, and rowle them vp as big as an Egge, and prick them with a smal prycke, and keepe them close, then couer them in a Pipkin with faire water, with a handfull of French Capers, and a handfull of Currans: and the other halfe of your hearbes: vnderstand that you must put but halfe your hearbes to your Olives: then put in a little Pepper, Mace beaten, a little Sugar: boyle al these together, with often turning them that they burne not, and put in a good peece of sweet Butter, Vinegar, and Sugar: dish it vpon sippets and serue it to the Table.

To boyle a Mullet, or a Pike, with Oysters.

TAke a faire Mullet or Pike, trusse it round, and set it on a kettle of water, and throw into it a handfull of Salt, and a handfull of sweete Hearbes, and make your water boyle: then tye your Mullet or Pike in a faire cloth, and put it into your boyling liquour, and put it in a pinte of White-Wine Vinegar, and let your fish boyle leisurely vntill it swimme: take the riuet and a pinte of great oysters, and as much Vinegar as their grauy, three or foure blades of Mace, a little grosse Pepper: boyle all these in a Pipkin by themselues, vntill your Oysters be boyled, then straine the yolkes of two or three Egges with halfe a pinte of Sacke, or White-wine, put in a little Sugar, and another peece of Butter, then put in your Wine and Egges: then dish vp your fish vpon sippets and powre your broth vpon it: scrape on fine Sugar, and serue it hot, &c. With this broth you may stew a Capon, but then you must take roasted Chesnuts, being roasted very tender, but not burnt, and steepe them in Sacke or Claret-wine,

and

and put them into your Dysters: then dish vp your Capon vpon sippets, and your broth vpon it: scrape on Sugar, and serue it in hot to the Table.

To boyle a tame Ducke.

COuer your Ducke with faire water in a Pipkin, put in fiue or sixe blades of Mace, a handfull of Raisins of the Sun, fiue or sixe sliced Onyons, a good perce of sweet Butter: when your Ducke is halfe boyled, put in three or foure peeces of Marrow, let them boyle vntill your broth bee halfe boyled away, then put in a little Vinegar: garnish your Dish with parboyld Onyons, and Raisins of the Sunne. Lay your Ducke vpon sippets in your garnisht Dish, and powre your broth and Onyons vpon the toppe of your Ducke: scrape on Sugar, and serue it hot to the Table.

To make a rashar of Mutton, or of cold Lambe.

SLice cold Mutton or Lambe into thin slices, and put it into a pewter or earthen Dish, and put to it halfe a pinte of

Claret-Wine, a blade or two of Mace, a Nutmeg sliced in round slices, and a little Sugar, a little Butter: stew your Mutton vntill it be thorow hot, and lay your rasher vpon sippets.

To boyle a knuckle of Veale, or a necke of Mutton.

CVt your knuckle or necke into péces, boyle it in a gallon of faire water, put in seuen or eight blades of Mace, as many péces of whole Sinamon and Nutmegs, ten whole Cloues, a pound of Raisins of the Sunne, the stones pickt out, a pound of Currans, half a pound of French Barley cleane washt, put in all this after that your meate beginneth to seeth, and is scummed. If you boyle a knuckle of veale, then you were best, if you haue it, to boyle a Marrow-bone with it: but if you boyle a necke of Mutton you néed not: boyle all this vntill it come to a pottle, then put in Salt by discretion, as your taste shall direct you, put in halfe a pinte of Claret-Wine, and if it be not swéete enough, you may put in Sugar: sippet it, and serue it, &c.

To

To ſtew the ribs of a necke of Veale in ſteakes.

PUt fiue or ſixe ribs of a necke of Veale into a pewter Diſh, pricke into euery rib two or thrée Cloues, put to it halfe a pinte of Mutton or Béefe broth, foure or fiue blades of whole Mace, halfe a handfull of Currans, thrée or foure Dates broke in quarters, a little Saffron tide vp in a cloth, a péece of ſweet Butter as big as an Egge: ſtew theſe halfe away, cloſe couered, turning them often: then put in a little Verjuyce, and lay your ſteakes vpon ſippets: powre your broth on them, ſcrape on Sugar, and ſerue them hot to the table.

Bakte

Bakte Meates, and Kickshawes.

To make a grand Sallet.

TAke buds of al kind of gra
Yearbs and a handfull o
French Capers, seuen o
eight Dates cut in long
slices, a handful of Raisins
of the Sun, the stones be
ing pickt out, a handfull of Almonds
blancht, a handfull of Currans, fiue or six
Figs sliced, a preserued Orenge cut in sli
ces: mingle all these together with a hand
full of Sugar, then take a faire Dish fi
for a shoulder of Mutton, set a standard o
paste in the midst of it, put your aforesaid
Sallet about this standard, set vpon you
Sallet foure halfe Lemmons, with the fla
ends downward, right ouer against one a
nother, halfe way betwixt your standard
an

nd the dishes side, pricke in euery one of hese Lemmons a branch of Rosemary, nd hang vpon the Rosemary preserued Cherries, or Cherries fresh from the tree: et foure halfe Egges, being roasted hard, etweene your Lemmons, the flat ends ownward, prick vpon your Egges sliced Dates and Almonds : then you may lay nother garnish betweene the brim of the Dish and the Sallet, of quarters of hard Eggs and round slices of Lemmons: then ou may garnish vp the brim of the Dish ith a preserued Orenge, in long slices, and etwixt euery slice of Orenge a little heap f French Capers. If you haue not a Standard to serue in : then take halfe a Lemon, and a faire branch of Rosemary.

To sowce a Pigge.

CUt off the head of a faire large Pigg, and rowle him vp in smal collars like Brawne: boyle it in a kettle of faire water, twice so much as will couer him, put in a handfull of sweet hearbes, and a handfull of white Salt, seauen or eight blades of whole Mace, two or three Nutmegs cut in quarters, three or foure races of

Ginger

Ginger sliced, halfe a pint of White wine Vinegar or more: let these boyle vntil your Pigge be very tender, as you may easily know by your owne discretion: then take your Pigge vp with a scummer and lay it vpon a plate vntill it be cold: then boyle your broth again vntill it come to a Gelly, straine it through a Gelly bag into a dish, then take your collars of Pig and pare off the top and the bottome, but ridge them as you doe Brawne, and cut off the skinne round about: set three of them in a dish fitting for them, but let not the one peece touch the other, then put your Gelly warme vpon them, euen vntil they be couered, and so let them stand vntill they be cold, this dish may well returne to the Table three or foure times the garnishing may be thereunto what you thinke fit or what you haue ready.

To make Pufpaste.

TAke a quart of floure, a pound and a halfe of sweet Butter, worke halfe a pound of the Butter into the floure drie betwixt your hands: then breake into the floure foure Egges, and as much faire water as will wet it, to make it reasona-

ble

le lite paste, then worke it into a péece of a foot long, strew a little floure on the table, that it hang not to, then take it by the end, and beat it well about the board untill it stretch long, and then double it, and taking both ends in your hand, beate it againe, and do so fiue or sixe times, then worke it vp and rowle it abroad, and then take the other pound of Butter, and cut it in thin slices, and spred it all ouer the one halfe of your Paste, with your thumbe, then turne the other halfe ouer your buttered side, and turne in the sides round about vnderneath, then crush it downe with a Roling-pin, and so worke it fiue or sixe times with your Butter, then you may rowle it broad, & cut it in foure quarters, and if it be not thin enough rowle it thinner in round péeces, about the thicknes of your little finger: then take a Dish as broad as your péece of Paste, and straw on a little floure on the dish, then lay on one péece of paste, & you may put into it péeces of Marrow and Hartichoake bottomes, or Potato, or Eringus rootes: but you must rowle your lumpes of Marrow in the yolkes of raw Egs, and season them with Sinamon, Sugar, Ginger, & a very little

Salt:

Salt: lay this vpon your Paste, then lay your other sheete vpon that dish, and close it round about the brim of your dish, with your thumbe: then cut off your round with a Knife close by the brim of the Dish, then you may cut it crosse the brim of the dish like virginall keyes, and turne them crosse ouer one another: then bake them in an Ouen, as hot as for small Pyes. In this maner you may make Florentines of Rice, with yolkes of Egges, boyled with Creame: Boyle the yolkes of fiue Egges with halfe a pinte of Creame, kap it with very much stirring, that it burne not, and it will turne thicke, like Curds, but it will be yellow: then you may season it with Sugar, Sinamon, and a little Nutmeg, three or foure sliced Dates, put into it three or foure peeces of Almond paste, fiue or sixe lumps of Marrow, stirre them vp together, and put them into the Florentine, then bake it in an Ouen, as hot as for Pies. If you haue Rice, boile it tender in Milke, and a blade or two of Mace, boyle it vntill the Milke be boyled away, then season it with a little Nutmeg, Sinamon, and Sugar, two or three raw Egges, a little Salt, a little Rose water

ater, a handfull of Currans, three or
ure sliced Dates: you may put this in
our dish, betwixt two sheets of puft paste,
nd bake it as before. If you haue none of
ese, then you may take quarters of Pip-
ins, or Peares, the coares taken out, and
oyled tender in Claret-Wine, then put
em into the Paste, or for want of these,
u may take Gooseberries, Cherries, or
Damsons, or Apricockes, without the
ones, or Prunes: when you see your paste
se vp white in the Ouen, and begin to
rne yellow, then take it forth and wash
with Rose-water and Butter, scrape on
ne sugar, and set it into the Ouen againe,
bout a quarter of an houre: then draw it
th, and serue it in.

To roast a Legge of Mutton, or a Cowes Udder.

Thrust your knife into the Legge of
Mutton, at the butt end, the length
your finger, then take a peece of Kid-
y suet, and cut it in long slices and thrust
to euery hole of the Legge one of those
ces: pricke on the outside whole
loaues: then roast your Legge tender,
ke a hard Lettice, a handfull of Parsley,

and

and boyle them tender, then beate them with the backe of your Chopping-knife a crosse, vntill they be as soft as the pulpe o an apple: then take a peece of sweet Butte as bigge as an Egge, and a quarter of a pinte of Vinegar, and a spoonefull of pow der-Sugar: beate this vpon the fire, an serue it in vnto the Table hot, with you meate. Though this be excellent sawce yet if you like it not, then you may mak a Gallantine thus. Take a little Claret Wine, and a peece of sweet Butter, grate bread, a little beaten Sinamon, and Gin ger, a little Sugar, two or three cloues, a branch of Rosemary: set all these on th fire vntill they boyle, and then put it in t the Legge, or Vdder, and serue it hot t the Table.

To make an Olive Pie to be eaten hot.

CVt the flesh of a Legge of Veale int slices, as broad as your hand, and bea it a crosse with the backe of a chopping Knife: then take two handfuls of Parsle seuen or eight sprigs of Winter-Sauor as many of Time: strip these small, an let there be no stalkes in them, then shre

em and put vnto them the yolkes of
ree or foure hard Egges minct small:
ason your meate with Ginger, Nutmeg,
alt, and Sugar: put to your Yearbes a
ttle Sugar, and a handfull of Currans:
y your Yearbes vpon your slices of
eale beaten and seasoned: then rowle
ery peece into an Olive of the bignesse
an Egge, and lay them into a Coffin fit
r your meate, and strew on them the rest
your Yearbes, and a few Currans, three
foure sliced Dates, three or foure blades
whole Mace, a little Sugar, put in halfe
pound of sweet Butter, cut in slices, close
the Pie, and bake it in an Oven, as hot
for Manchet: halfe an houre before you
rue it to the boord, put in a little White-
ine or Vinegar, wash ouer your Pie
ith a little Rose-water and Butter, and
rew vpon it hard Sugar and floure bea-
n together: if any place grow presently
ie, wet it againe with Rose-water and
utter, and set it into the Oven againe,
d within a quarter of an houre it will be
isp like yce: then draw it forth, and serue
hot to the Table.

To roast a shoulder of Mutton to serve for either Dinner, or Supper.

ROast it with a quicke fire that the fat may drop away, and when you think it halfe roasted, set a Dish vnder it, and slash it with a Knife a crosse, as you do Poake, but you must cut it downe to the bone on both the sides, let all the gravy run into the dish, baste it no more after you haue cut it, put vnto the gravy halfe a pinte of White-wine Vinegar, a handfull of French Capers, a dozen Raisins of the sun, the stones being pickt out, fiue or six Dates broken in quarters, fiue or sixe Dates sliced, fiue or sixe blades of Mace, a handfull of powder Sugar, stew all these vntill they be halfe stewed away: then dish your Shoulder, and powre this sawce on the toppe of the meate, throw on Salt, and serue it hot to the Table.

To bake a Chicken Pie to be eaten hot.

TRusse foure or fiue Chickens fit to be bakte, season them with Nutmeg, Pepper, Salt, and Sugar, put them in

into a fit Coffin: then season seuen or eight lumpes of Marrow, with Nutmeg, Sinamon, Salt and Sugar, rowle it in yolkes of hard Egges, it will keepe them from dissolning: lay your Marrow vpon the Chickens, and the yolkes of three or foure hard Egges broken in quarters, fiue or sixe blades of whole Mace, as many quartered Dates, a little Sugar, halfe a pound of sweet Butter: close vp your Pie, and set it in an Ouen as hot as for Manchet, and in one houre it will be bakte, draw it forth, and wash it with Rosewater and Butter, and strew on floure, and Sugar, beaten together, and set it againe into the Ouen a quarter of an houre, it will be like yre: then draw it forth, and put in a little Sacke, or Muscadine, and so serue it hot to the Table.

To roast a Neates Tongue to be eaten hot.

BOyle a faire Neates Tongue tender, blanch it and lard it on one side, pricke in some Cloues: then cut out the meate at the great end, and mince it with a little dubbing suet, as much as an Egge, then season it with a little Nutmeg, and Mace,

and Sugar, three or foure Dates minct, a handfull of Currans, halfe a preserued Orenge minct small, about halfe a graine of Muske: worke vp your meate with the yolkes of two raw Egges, and stuffe it hard into the Tongue: then pinne ouer the end a peece of a Caule of Veale, or a skinnie peece of Beefe suet, then put it on a small spit, thorow both ends, set a Dish vnder the meate to saue the graue, baste it with sweete Butter, and put to the graue a little Sacke, or Muscadine and the yolke of an hard Egge minct, and the coare of a Lemmon minct: when your Neates Tongue is roasted, take it vp, and put it in a dish fitting for it, and put a little Sugar into the sawce, and powre it all ouer the Tongue, and serue it hot to the Table.

To bake a Neates Tongue to bee eaten hot.

BOyle a faire Neates Tongue tender: season it as you read before in the roasted tongue: then lay in the tongue into a Coffin, made of the same fashion. Lay on it fiue or sixe blades of whole Mace, three or foure quartered Dates, a little Orenge cut into slices, the coare of a Lemmon sliced

sliced, halfe a pound of swéet Butter, a little Sugar, close vp your Pye, and put it into an Ouen, as hot as for Manchet: if you sée it colour too fast, then take downe the Ouen lid: but if too slow, then lay a few coales in the Ouens mouth, in an houre and halfe it will be bakte: then take a little Sacke or Muscadine, and the juyce of a Lemmon, halfe a graine of Muske, a little Sugar, the yolkes of two or thrée raw Egges, a little swéete Butter: set this on a chafindish of coales, and stirre it, that the Egges curdle not, vntill the Butter be melted, then draw it out, and cut it vp, and put in your caudle, scrape on Sugar, and serue it hot to the Table.

To roast a Pigge with a pudding in his belly.

FLey a fat Pigge, and trusse his head backward, looking ouer his backe, lay him in a very faire Dish, for soyling: then temper as much stuffe for a Pudding, as you thinke will fill his belly, you must temper your pudding with grated bread, halfe a pound of dubbing suet minct, a handfull of Currans, foure or fiue Dates minct, Cloaues, Mace, Nutmegs, and Ginger

beaten, of each alike, and a little Sugar, and a very little Salt, you must wet your pudding with two Egges, and a little Rosewater and sweete Creame, as much as will wet your pudding so stiffe, as that if you lay it vpon a Trencher, it will not runne abroad: then put it into the belly of the Pigge, and pricke vp the belly close, spit it, and roast it: and when it is almost roasted, wring vpon it the juyce of a Lemmon: and when you are ready to take it vp, take the yolkes of foure or five new-laid Egges, a handfull of feathers, wash the Pigge with the yolkes of Egges, and while you are a washing the Pigge, let some other body bread it after you, before the Egges be hard: mingle amongst your bread a little Ginger, Pepper, and Nutmeg: let your sawce be Vinegar, Butter, and Sugar, and the yolke of a hard Egge minct: so serue it in vpon your sawce hot to the Table.

To bake a Pigge to be eaten hot.

FLey a small fat Pigge, cut it in quarters or in smaller peeces, season it with Pepper, Ginger, and Salt: lay it into a fit

fit Coffin, ſtrip and mince ſmall a handfull of Parſley, ſtre ſprigs of Winter-Sauorie, ſtrew it on the Meat in the Pie, and ſtrew vpon that the yolkes of thrée or foure hard Egges minſt, and lay vpon them fiue or ſixe blades of Mace, a handfull of cluſters of Barberries, a handfull of Currans well waſht and pickt, a little Sugar, halfe a pound of ſweet Butter, or moze: cloſe your Pye, and ſet it in an Ouen, as hot as for Manchet: and in two houres it will be Bakte: then drawe it forth and put in halfe a pinte of Vinegar, and Sugar, being warmed vpon the fire, poure it all ouer the meat, and put on the Pie-lid againe: ſcrape on ſugar, and ſerue it hot to the Table.

Another way to roaſt a Legge of Mutton.

LArde a faire large Legge of Mutton, a finger déepe with the Kidney ſuet, cut long-wiſe like ones finger: pricke in ſome Cloues, and roaſt it with a quicke fire: when you thinke it halfe roaſted, cut off ſome of the vnderſide, of the fleſh end, into thinne ſlices: then take halfe a pinte of great Oyſters, and the graule of them,

three or foure blades of whole Mace, a peece of sweete Butter, as big as an Egge, a quarter of a pinte of Vinegar, a spoonfull of Sugar: put all these into your slices of Mutton, which you cut off the Legge, and stew them together in a Pipkin vntill the liquor be halfe consumed: then dish vp your Mutton being very wel roasted, and powre the sawce vpon the top of it: strew Salt about it, and serue it in hot to the Table.

To bake a steake Pie of the ribs of Mutton, to be eaten hot.

CVt a necke of Mutton betwixt euery ribbe, beate euery ribbe with a Cleuer flatlings, it will make the Mutton to eate short: then season it with Pepper and Salt, and put it in a Coffin, lay on three or foure blades of whole Mace, halfe a pound of sweete Butter, close vp your Pie, and set it into an Ouen, as hot as for Manchet, in two houres it will be bakte: but in the meane time boyle a good handfull of good Parsley very tender, beate it as soft as the pulpe of an Apple, put in a quarter of a pinte of Vinegar, and as much

much White wine or Sack, but White wine is the better, a little swéete Butter, two spoonefuls of Sugar, put your Parsley into this liquour, heate it but warme: then you may cut vp your Pie, and powre this sawce all ouer the steakes: shake it well vpon your péele, to make the sawce and the graue mingle together: then lay on your lidde againe, scrape on fine Sugar, and serue it hot to the Table.

To roast a Neck of Mutton.

CVt away the scragge end of a large neck of Mutton, and put a couple of pricks thorow the best end, roast it with a quicke fire, but scorch it not, baste it with swéete Butter, then wring in the juyce of halfe a Lemmon: when it is halfe roasted, saue the graue in a Dish, being put vnder the meate for the same purpose, and then baste it againe with swéete Butter, and wring in the juyce of the other halfe of the Lemmon: bread it with a little Manchet mingled with beaten Nutmeg & Cloaues, put it into a warme Dish, and put in the graue that dropt from it: this is a sawce both wholesome, and toothsome.

To

To make a Hartichoake-Pie to be eaten hot.

TAke the bottomes of foure well boyled Hartichoakes, season them with Nutmeg, Pepper, Salt, and Sugar: then lay them in a Coffin, in each corner one: then lay the Marrow of foure or five Marrow-bones (as whole as you can get them) in warme water to take away the redneſſe, dry them, and season them with Sinamon, Ginger, Sugar, and Salt, rowle them vp in the yolkes of raw Egges, and lay them vpon your Hartichoakes, and here and there the yolke of an hard Egge, some whole, some in halues, as your eye shall aduiſe you, ſtrew on them the reſt of the ſeaſoning: lay vpon them five or ſix Dates broken in quarters, five or ſix blades of whole Mace and a little Sugar, put almoſt a pound of ſweete Butter on the top of all: cloſe your Pye, and ſet it into an Ouen as hot as for Manchet, in an houre or little more it will be bakte: if your Ouen be ouer hot, it will diſſolue your Marrow, or drie it vp: draw it forth when it hath ſtood an houre, put in a little Sacke or Muſcadine, wet it with Roſe-

water and Butter, ſtrew on it a little Flour and Suger beaten together, and ſet it into the Oven againe, in a quarter of an houre it will be hard, and criſpe like yce, draw it forth, and ſerue it hot to the Table.

To roaſt a Shoulder, or Hanch of Veniſon, or a Chine of Mutton.

TAke any of theſe meates, lard them with French larde, and pricke them thicke with Roſe-marie, roaſt them with a quicke fire, but burne them not, baſte them with ſweet Butter: take halfe a pinte of Claret-wine, a little beaten Sinamon and Ginger, two ſpoonefulls of Sugar, fiue or ſixe whole Cloaues, a branch of Roſemary, a little ſweet Butter, a handfull of grated bread: let all theſe boyle together, vntill it be as thicke as Water-grewell, then put in a little Roſe-water and Muske, it will make your Gallentine taſte very pleaſantly, put it in a fitting diſh: draw off your meate, and lay it into the diſh, ſtrew it with Salt.

To make Chewets of Veale.

Parboyle two pound of the leane flesh of a Legge of Veale, so, as that it may be eaten: pare off the outside, and mince the meat so small as grated bread: then mince fire pound of Beefe suet, as small as the meat, but you must first pick out the kernels, and the skinnes, mingle them so together, as that you can see no meate in the suet: then mince a quarter of a pound of Dates small, take a quarter of a pound of Biskets and Carraways, two pound of Currans cleane washt and pickt, and dryde in a faire cloath, season your meate with a little Cloaues and Mace, Nutmegge, and twice so much Sinamon as any of the other, all by discretion, the fourth part of a pinte of damaske Rosewater, almost halfe a pound of Sugar, then stirre vp your meate, that it be seasoned in all places alike, the least taste of Salt that may be is enough: then raise such Pies as you may put nine or ten of them in a dish, fashion them somewhat long, and raise them higher than an ordinary Pie, fill them as full as you can with

without diskashioning of them, with thrusting out the sides, close them with very thinne liddes, bake them in an Oven as hot as for other Pies, in halfe an houre they will be bakte: draw them out, and scrape on Sugar, and serue them hot to the Table.

To roast a Capon with Oysters and Chestnuts.

BOyle and pill nine or tenne Chestnuts, put them hot into Claret-wine, parboyle as many great Oysters, spit a Capon to be roasted, put the Chestnuts and the Oysters into the belly of the Capon, and stop them in with swæt Butter, roast it with as hot a fire as you can, but burne it not: baste it with swéete Butter, so soone as it droppes, saue the graue: parboyle twenty Chestnuts, and twice so many great Oysters, take halfe a pinte of Claret-wine, and a pæce of swæt Butter, & a little grosse Pepper, stew the Oysters and parboyld Chestnuts in the Wine, with Butter, vntill it be halfe consumed: then put the graue of the Capon into your sawce, and the sawce into a faire Dish: dread vp your Capon,

and

and lay it on the sawce, sprinkle Salt, and serue it in hot to the Table.

To bake a Quince or a Warden Pie, so as the fruit may be redde, and the crust pale and tender.

PAre faire pear Quinces or Wardens, and set them into an earthen panne, with the crownes vpward, put to them a little Claret-wine, and a graine of Muske or more, according to the quantity of the fruit, put in a little Sugar, couer them close with a cake of Paste, set them into a Bakers Ouen with wheaten bread, but not houshold bread, for then they will be burnt and drie: when they haue stood three or foure houres in the Ouen, they will be very red and tender, then you may keepe them a weeke or more for vse: when you haue occasion to make your Pie, take Butter, and the yolkes of Egges, and make short Paste, & raise a Coffin fit for your stuffe, one by another, put in whole Cloues, and a little whole Sinamon, powre in some sirrup from their former baking, or if you want it, then put in Cla-

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ret wine, and more Sugar, set them in an Oven as hot as for Pies, and in one houre they will be bakte, and your fruit orient red: Remember before your first baking, that you coare your Quinces.

To roast a Shoulder or a Fillet of Veale with farcing hearbes.

WAsh your meate, and parboyle it a little, strip two handfulls of Parsley, Winter-Savorie a handfull, and some Time: mince these hearbes small, put to them the yolkes of three or foure hard Egges minct, Nutmeg, and Pepper, Currans a good handfull, worke all these with the yolke of a raw Egge: make holes as deep as your finger all over your meate, fill them with the Hearbes: roast it with a quicke fire, let the graute of the Hearbes droppe on the Hearbes left, baste your meate with sweete Butter: when it is almost roasted, put the hearbes and grauy to a quarter of a pinte of White-wine Vinegar, and a good spoonefull of Sugar, let them boyle vntill you take vp the meate, and when it is in a fit

dish,

dish, powre the sawce all ouer the meate, and strew it with Salt, and serue it hot to the Table.

To frye Calves feete or Trotters.

SHred a handfull of yong Parsley very small, and beate it betweene three or foure raw Egges, season it with a little Nutmeg and Sugar, a corne of Pepper, and a litte Salt: boyle your féete tender, and slit them in halues, rowle three of these halues into the aforesaid Parsley and Egges: heate your frying panne with sweete Butter, or suet, slide your féete and Egges with the flat side downeward, when the Butter is hot: if you haue any Currans, put a handfull into your Egges and Parsley, they will aske no more frying than an Egge: when the vnder side is yellow, turne them euery one by it selfe, as you doe Egges, Dish them vpon sippets, with that side outward that you fryde first, boyle young Parsley tender, and beate it vntill it be like the pulpe of a roasted Apple, put to it a quarter of a pinte of Vinegar, two spoonefuls of Sugar, a péece of sweete Butter, heate them well, and

powre

owze them on the fæte, scrape on Sugar, nd serue it hot to the Table.

Buttred Loaves.

Season a pottle of floure with Cloaues, Mace, and a little Pepper, mingle it with Milke warme from the Cow, take alfe a pound of swæte Butter melted, alfe a pinte of Ale-yest, two or thræ raw Egges, temper your floure with these things, to the temper of Manchet paste, hen make them vp in little Manchets bout the bignesse of an Egge, flat them, ut them and pricke them, set them on a paper, and bake them like Manchet, let he Ouen-lidde be downe: but if some-hing be in the Ouen that requireth lon-ger or more heate, then couer them with a paper, in an houre they will be thorow-y soakt: then melt a pound of swæte Butter, with some Rose-water in it, raw forth your loaues, and pare away the rusts, slit them thorow betwixt the top and the bottome, in two places, and they will be like thræ round toasts: put them into the melted Butter, and turne them ouer and ouer in the Butter, then take a warme Dish, and put in the bottome

péeces of the loaues, ſtrew on Sugar of a good thickneſſe, then ſet on the middle péeces, and ſerue them likewiſe: laſtly, put on the tops, and ſcrape on Sugar on them alſo: ſo you may ſet on three, foure, fiue, ſixe or more in a diſh. If you be not ready to ſend them in, then ſet them in the Ouen mouth, with a paper ouer them, to keep them from drying.

To frie Sheepes tongues, Deeres tongues, or Calves tongues.

BReake three or foure Egges with Nutmeg Sinamon, Sugar, and Salt put to them a handfull of Currans: pill the Tongues, and ſlice them in thinne ſlices put them into your Egges: and when your Frying-panne is hot with Butter, or ſwæt lard, cut the coare of a Lemmon in ſquare péeces, like dice, and put it in to your Egges and tongues, but not before you bée ready to put the meate into the pan, for then it will make them curdle then frie them in ſpoonefulls like Egges on both ſides, the leaſt burning takes away all the good taſte of al the other things frie them, and diſh them vpon ſippets, o

vpo

vpon thinne Manchet toasts fride with swéete Butter. Let your sawce be Sacke, or White-wine, sweet Butter, and Sugar, heate it hot, and poure it on the top of your Tongues: scrape on Sugar, and serue it hot to the Table.

Boyled Sallets.

SCrape boyld Carrets, being ready to beate, and they will be like the pulpe of a roasted Apple, season them with a little Sinamon, Ginger, and Sugar, put in a handfull of Currans, a little Vinegar, a péece of sweet Butter, put them into a Dish, but first put in another péece of Butter, that they burne not to the bottome: then stew your rootes in the Dish a quarter of an houre: if they beginne to be drie, put in more Butter: if they be too swéete, put in a little more Vinegar. The same way you may make a Sallet of Béetes, Spinnage, or Lettice boyled: beate any of these tender, like the pulpe of a roasted Apple, and vse them as before shewed.

A bakte Pudding after the Italian fashion.

PAre off the crusts from a penny white loafe, cut it in square peeces like dice, put to it halfe a pound of dubbing suet minct small, half a pound of Raisins of the Sunne, the stones taken out, two Dunces of Sugar, fiue or sixe sliced Dates, a graine of Muske, fiue or sixe lumps of Marrow: season these with Cloues, Mace, Nutmeg and Salt, but a very little Salt is sufficient, beate a couple of Egges, with foure or fiue spoonefuls of Creame, powre it vpon your seasoned bread, and stirre it very gently for breaking, so as the peeces may be but wet, but not so wet that you can see any moysture in them: lay a Pomewater in the bottome of the Dish, or some other soft Apple pared, and sliced thinne, put your Pudding also vpon the Apple, and so set the Dish into an Ouen, as hot as for Manchet, or small Pies, when you see it rise yellow, take downe your Ouen lidde to coole your Ouen, it will be bakte in halfe an houre: if the Ouen be too hot, it will be burnt, if it be too cold,

cold, it will be too heavy, when it is bakte draw it forth, and scrape on Sugar, and serue it in hot to the Table.

To make Puffes.

SEt the best new Milke together, as a Chéese is made with Runnet, and when it is runne, take the Curds, and straine the Whey cleane from them, then season your Curds with a little Ginger, Sinamon, Sugar, and Nutmegge, put in a little Rosewater, Muske and one Egge, but the yolkes of two: temper it with as much fine flower as will make it lieth paste, as lieth as you can worke it, then butter a white Paper, make them into flat balls, about the bignesse of a great table man, and set them into an Oven as hot as for Manchet, vpon the buttered paper, or rather the Oven must be as hot as for small Pies: a quarter of an houre after, you may take them out, and dipp them in Butter melted with Rose-water, scrape on fine Sugar, and set them into the Oven againe: beware of burning them: when you see time, draw them again

and put as many of them in a Diſh as you thinke fit : they will ſhine, and be criſpe.

Blancht Manchet, to be made in a Frying-pan.

BReake eight or nine Egges, take away the whites of foure of them, beate them with halfe a pints of ſweete Creame, put to them halfe a penny Manchet grated, and put to it two ounces of Sugar beaten, Nutmeg and Mace, a little Roſe-water : fry theſe with ſweet Butter, euen as you would frye a Tanſey: but let it be a ſmall frying-pan, that it may be the thicker, beware you burne it not : and when it is fride, waſh it ouer with a little Sacke, and the juyce of a Lemmon: ſcraye on Sugar, and ſerue it in hot vpon a plate, euen as a Tanſey.

To make Peaſcods, or Dolphins of Marrow, or of a roaſted kidney of Veale.

SEaſon parboyld Marrow with Sugar, Sinamon, and Ginger, rowle it vp in the

the yolke of a raw Egge : then take a peece of short paste rowled very thin, then floure your Dolphin or Peascod mold, and lay your peece of paste vpon it, then fill the mould vpon the paste with your Marrow, or roast kidney minct, and seasoned with the aforesaid seasoning, and faire parboyld Currans, being wrought vp with the yolke of a raw Egge : when you haue filled your moulds with either of these meates vpon the paste, round about close by the meate, then lay another sheete of paste on the meate, and close it downe with your finger to the wet paste, then pinch off the paste close by the mould, with your Thumbe, and then turne out your Dolphins or Peascods vpon a paper, then frye them with a good deale of sweete Suet, but let your Suet be hot before you put them in, or else it will make your Paste heauie : when you haue fryde them on the one side, turne the other, but frie that side last that you serue vpward vnto the Table : then take them out of that hot Larde, and dish them vpon a warme Dish and plate, scrape on Sugar, and set it against the fire, or in a warme Ouen, that you may serue them hot, for if you let

them lie still in the Frying-pan, they will drinke by the suet, and be both heauy, and of an ill taste: take heed also in any wise that you turne them oft, for they will endure no hot fire.

To make a Liuerie Pudding.

BOyle a Hogges liuer very drie, when it is cold grate it, and take as much grated Manchet as Liuer, sift them thorow a course Sieue or Collender, and season it with Cloaues, Mace, Sinamon, and as much Nutmeg as of all the other, halfe a pound of Sugar, a pound and halfe of Currans, halfe a pinte of Rose-water, two pound of Beefe Suet minct small, eight Egges, put away the whites of foure: temper your bread and Liuer with these Egges, Rose-water, and as much sweet Cream as will make it something stiffe: then cut the small guts of a Hogge about a foot long, fill them about three quarters full of the aforesaid stuffe, tie both ends together and boyle them in a kettle of faire water, with a pewter Dish vnder them, with the bottome vpward, and

it

it will keepe your Puddings from breaking: when the water seetheth put in your Puddings, let them boyle softly a quarter of an houre, and take them vp: and so you may keep them in a drie trug a weeke or more: when you spend them, you must boyle them.

To make Rice Puddings.

BOyle halfe a pound of Rice with three pintes of Milke, a little beaten Mace, boyle it vntill your Rice be drie, but neuer stirre it, but if you chaunce to stirre it, then you must stirre it continually or else it will burne: powre your Rice into a Collinder, or else into a strainer, that the moisture may runne cleane from it: then put to it fiue Egges, and put away the whites of three, halfe a pound of Sugar, a quarter of a pinte of Rose-water, a pound of Currans, a pound of Beefe suet shred small, season it with Nutmeg, Sinamon, and a little salt, stirre all this together with a spoone thinne, drie the smallest guts of a Hog in a faire cloth being watered and scoured fit for the Puddings, and fill them

three

three quarters full, and tie both ends together, let them boyle softly a quarter of an houre or scarce so much, and let the water boyle before you put them in, and doe as in the other Pudding last spoken of.

The end of the Bookes of Cookery.

A NEVV

A NEVV BOOKE OF CARVING AND SEVVING.

LONDON,
Printed by *M.F.* for *Iohn Marriot*, and are to be ſold at his ſhop in Saint *Dunſtans* Churchyard in Fleetſtreet.
1638.

A NEW

BOOKE

OF

CARVING

AND

SERVING

Tearmes of a Carver.

Reake that Déere, leach that Brawne, reare that Gwse, lift that Swan, sauce that Capon, spoile that Hen, frush that Chicken, vnbrace that Mallard: vnlace that Cony, dismember that Herne, display that Crane, disfigure that Peacock, vnsoynt that Bittorne, vntatch that Curlew, allay that Feasant, wing that Partrich, wing that Quaile, mince that Plouer, thie that Pigeon, border that Pastie, thie that Woodcock, thie all maner of small Birds.

Timber the Fire, tire that Egge, chine that Salmon, Ering that Lampry, splat that Pike, sawce that Plaice, sawce that Tench, splay that Breme, side that Haddock, tuske that Barbel, culpon that

Trout

Troute, finne that Cheuine, transen th
Eele, traunch that Sturgion, vndertran
that Porpas, tame that Crab, barbe th
Lobster.

The Office of the Butler and Pantler, Yeomen of the Cellar and Ewry.

THou shalt be Butler and Pantler
the first yeare, and yée must haue th
pantry Knives, one Knife to square Tre
cher-loaues, another to be a Chipper, t
third shall be sharpe for to make smoo
Trenchers: then chip your Soueraign
bread hot, and all other bread let it be
day old, houshould bread three dayes o
Trencher-bread foure dayes old, then lo
your Salt be white and drye, the powd
made of Iuory two inches broad, and th
inches long: and looke that your Sa
celler lidde touch not the Salt: then lo
your table cloathes, towells and napki
be faire folded in a chest or hanged vp
a pearch, then looke your Table-kniu
be faire pollished, and your spoones clea
then looke you haue two Tarriors, a mo
and a lesse, and wine cannels of bore, ma
according, and a sharpe gimlet and fa

cets: And when ye set a Pipe on broach, doe thus, set it foure fingers broad above the neather chine vpward a staunt, & then shall the lées neuer arise. Also look ye haue in all seasons Butter, Chéese, Apples, Peares, Nuts, Plums, Grapes, Dates, Figs, and Raisins, Compost, gréene Ginger, Chard, and Quince. Serue salting, Butter, Plumbs, Damsons, Cherries and Grapes: After meate Peares, Nuts, Strawberries, Hattleberries and hard Chéese: Also Blandzels, or Pippins with Carrawates in Confects: after Supper roasted Apples and Peares, with blanch't powder, and hard Chéese: beware of Cowcreame and of Strawberries, Hattleberries, Juncat for Chéese will make your Soueraigne sick, but let him eate hard Chéese.

Hard Chéese hath these operations: it will kéepe the stomacke open. Butter is wholesome first and last, for it will doe away all poysons: Wilke, Creame, and Juncate they will close the Maw, and so doth a posset, beware of gréene Sallets, and raw fruits, for they will make your Soueraigne sicke, therefore set not much by

by such meates as will set your téeth on edge, therefore eate an Almond and hard Chéese. Also of diuers drinkes if their fumositines haue displeased your Soueraigne, let him eate a raw Apple, and the fumositines will cease.

Measure is a merry meane, and if it be well used, Abstinence is to bee praised when God therewith is pleased.

Also take good héed of your wines euery night with a candle, both redde Wine, and swéete Wine, and looke they reboyle nor leake not, and wash the pipe heads euery night with cold water, and looke yée haue a clenching iron, ads, and linnen cloathes if néed be, and if they reboyle, yée shall know by the hissing, therefore kéepe an emptied Pipe with the lées of coloured Rose, and draw the reboyled Wine to the lées, and it shall helpe it, and if the swéete Wine pale, draw it into a Romney Wessell for léesing.

Also looke your compost be faire and cleane, and your Ale fiue dayes old ere men drinke it, then kéepe your house of office cleane, and be courteous to answer to each person, and looke yée giue no person nor palde drinke, for it will breed the scab.

And

And when yée lay the cloth, wipe the boord cleane with a cloth, then lay a cloth (a couch it is called) take your fellow the one end, and hold you the other end, then draw the cloth straight, the bought on the vtter edge, take the vtter parts and band it eauen, then take the third cloath and lay the bought on the inner edge, and lay estate with the vpper part halfe a foot broad, then couer the Cupboord and thine Ewry, with the Towell of Diaper, then take thy Towell about thy neck, and lay the one side of the Towell vpon the left arme, and thereon lay your Soueraignes Napkin, and lay on thine arme eauen Loaues of Bread, with three or foure Trencher Loaues, with the end of the Towell in the left hand, as the maner is, then take thy Salt-celler in thy left hand, and take the end of the Towell in your right hand to beare in Spoones and Knives, then set your Salt on the right side where your Soueraigne shall sit, and on the left side you shall set your Trenchers, then lay your Knives, and set your Bread one Loafe by anothers, and your Spoones, and your Napkin faire folded beside your Bread, then couer your

bread and trenchers, spoones and knives, and at euery end of the Table, set a Salt-seller, with two trencher Loaues, and if yée will wrap your Soueraignes Bread stately, yée must square and proportion your Bread, and sée that no Loafe bée more than another, and then shall yee make your wrapper mannerly: then take a Towell of reines, of two yards and a halfe, and take the Towell by the ends double, and lay it on the Table, then take the end of the bought, a handfull in your hand, wrap it hard, then lay the end so wrapped betweene two Towels, vpon that end so wrapped. This being done, lay your bread bottome to bottome, fiue or seauen Loaues, then sée you set your Bread mannerly in good forme, and when your Soueraignes Table is thus arayed, couer all other boords with Salt, Trenchers and Cups: also sée thine Ewry be arayed with Basons and Ewers, and water hot and cold, and sée yée haue Napkins, Cups, Spoones, and sée your Pots for Wine and Ale be made cleane, and to the surnape make the curtesie with a cloth vnder a faire double napry: then take the Towels end next you, and the vtter end of

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the Cloth on the vtter side of the Table, and hold these three ends at once, and fould them at once, that a pleat passe not a foot broad, then lay it euen where it should lie: and after meat wash with that, that is at the right end of the Table, yée must guide it out, and the Marshall must conuey it and looke to each cloath, the right side be outward, and draw it straight: then must yée raise the vpper part of the Towell, and lay it without any groaning, and at euery end of the Towell yée must conuey halfe a yard that the Sewer may take estate reuerently, and let it be, & when your Soueraigne hath washed, draw the surnape euen, then beare the surnape to the middest of the boord, and take it vp before your Soueraigne, and beare it into the Ewry againe, and when your Soueraigne is set, looke your Towell be about your necke, then make your Soueraigne curteste, then vncouer your Bread and lay it by the Salt, and lay your Napkin, Knife, and spoone afore him, then knéele on your knée till the purpaine passe eight Loaues, and looke yée set at the ends of the Table foure Loaues at a Messe, and sée that euery person haue a Napkin and a Spoone, and

waite well to the Sewer how many Dishes be couered, and so many cups couer yée, then serue yée forth the Table mannerly, that euery man may speake of your courtesie.

Of the Sewing of Flesh.

THe Sewer must Sew, and from the bord conuey all manner of pottages, meates and sawces, and euery day commune with the Cooke, and vnderstand and wit how many Dishes shall be, and speak with the Pantlers and Officers of the Spicerie for fruites that shall be eaten fasting. Then goe to the bord of Sewing, and sée ye haue Officers ready to conuey, and seruants for to beare your Dishes. Also if the Marshell, Squires, and Sergeants of Armes be there, then serue forth your Soueraigne without blame.

Service.

FIrst set yée forth Mustard & Brawne, Pottage, Béef, Mutton, stewed Pheasant, Swan, Capon, Pig, Venison, Hake, Custard,

Custard, Leach, and Lombard, fruter, vaunt, with a subtilty two pottages, blanch manger and gelly. For standard Venison, roast Kid, Fawne, and Come, Bustard, Storke, Crane, Peacock with his taile, Yernesew, Bitturne, Woodcock, Partrich, Plouer, Rabbets, great Birds, Larks, Doucets, Pampuffe white Leach, Amber, Gelly, Creame of Almonds, Curlew, Brew, Snite, Quaile, Sparrow, Partinet, Pearch in Gelly, pety Peruis, Quince bakte, Leach Dewgard, Fruter, Fage, Blandzels or Pippins with Caraway in Confects, Wafers and Ipocras, they be agréeable. Now this feast done, voyde yée that Table.

Of the Carving of flesh.

The Carver must know the Carving, and the faire handling of a Knife, and how he shall fetch all maner of Fowle: your Knife must be faire, and your hands must be cleane, and passe not two fingers and a Thumbe vpon your Knife. In the middest of your hand set the hakt sure, vnlasling the mincing with two Fingers and Thumbe, Carving of Bread, laying and voyding of Crums with two Fin-

ger and a Thumbe : looke yée haue the care, set neuer on Fish, Flesh, Beast nor Fowle, more than two Fingers and a Thumbe, then take your loafe in your left hand, and hold your Knife surely, enbrew not the Table cloth, but wipe vpon your Napkin, then take your Trencher-loafe in your left hand and with the Edge of your Table-knife take vp the Trenchers as nigh the point as ye may, then lay foure Trenchers to your Soueraigne one by an other, and lay thereon other foure Trenchers, or else twaine, then take a Loafe in your left hand and pare the Loafe round about, then cut the ouer crust to your Soueraigne, & cut the neather crust and void the paring, and touch the Loaf no more after it is so serued, then clense the table that the Sewer may serue your Soueraigne.

Yee must also know the fumosities of Fish, Flesh, and Foules, and all manner of Sawces according to their appetites, these bee the fumosities : Dalt, soure, restie, fat, fryed, sinewes, skinnes, hony, croupes, young feathers, heads, pigeons bones, and all manner of legges of beasts and fowles to the other side, for these be fumosities, lay them neuer to your Soueraigne.

Service.

Service.

TAke your knife in your hand and cut Brawne in the Dish as it lyeth, and lay on your Soueraignes trencher, and see there be Mustard.

Venison with furmity is good for your Soueraigne, touch not the Venison with your hand, but with your knife, cut it out into the furmity, doe in the same wise with Peason and Bacon, Beefe, Hen and Mutton: pare the Beefe, cut the Mutton, and lay to your Soueraigne: beware of famosities, salt, sinew, fat, resty, and raw. In Sirup, Pheasant, Partrich, Stockdoue, Chickens, in the left hand take them by the Pinion, and with the forepart of your knife lift vp your wings, then mince it into the sirup, beware of skin, raw and sinew: Goose, Teale, Mallard and Swan, raise the Legges, then the wings, lay the body in the midst or in any other Platter, the wings in the middest, and the Legges after, lay the Brawne betweene the legges and the wings in the platter: Capon or Hen of Greece, lift the Legges, then the wings, and cast on wine or ale, then mince

the wing and giue your Soueraigne: Fesant, Partridge, Plouer, or Lapwing, raise the wings and after the legges, Woodcocke, bitturne, Egrit, Snite, Curlew and Herneselw, vnlace them, breake off the Pinions, and breake the necke, then raise the legges, and let the feet be on still, then the wings. A Crane raise the wings first, and beware of the trumpe in his brest, Pecock, Storke, Bustard, and Shouillard, vnlace them as a Crane, and let the feet be on still. Quaile, Sparrow, Larke, Martinet, Pigeon, Swallow and Thrush, the leggs first, then the wings: Fawne Kid, and Lambe, lay the Kidney to your Soueraigne, then lift vp the Shoulder, and giue to your Soueraigne, a ribbe. Venison roast, cut it in the Dish, and lay it to your Soueraigne: a Conny, lay him on the backe, cut away the vents betwene the hinder legges, breake the carnell bone, then raise the sides, then lay the Conny on the wombe, on each side the chine, the two sides departed from the Chine, then lay the bulke, Chine, and sides in the Dish: also yee must mince foure Leues to one mozsell of meate, that your Soueraigne may take it in the sawce. All bakte meates that be hot, open them aboue

the

the Coffin, and all that be cold open them in the midway. Custard, cheeke them inch square, that your Soueraigne may eate Doucets, pare away the sides and the bottome, beware of sumositines, Fruter, vaunt, Fruters they say be good, better is Fruter Pouch, Apple Fruters be good hot, and all cold touch not. Tansey, is good hot, Worts of gruell, of Beefe, or of Mutton is good, Gilly, Moztrus, Creame of Almonds, Blanch-Manger, Iussell and Charlet, Cabage and vmbles of a Deere, be good, and all other pottage beware of.

Sawces for all maner of Fowles.

MUstard is good with Brawn, Beefe, chine of Bacon & Mutton: Uerjuyce good to boyle Chickens, & Capon: Swan with Chaldrons: ribs of beefe, with garlick: Mustard, Pepper, Uerjuyce, Ginger, sauce of Lambe, Pig & Fawne: Mustard & Sugar, to Felant, Partrich and Conny: sawce Gamlin, to Hernsew, Egript, Plouer, and Crane, Brew and Curlew, Salt, Sugar, and water of Camet, Bustard, Shouillard, and Bitturne sawce, Gamlin, Woodcock, Lapwing, Larke, Quaile,

Mar-

Martinet, Menison, and Snite, with white salt: Sparrowes and Throstles, with salt and sinamon, thus with all meates sawce shall haue the operation.

Of the Feasts and service from Easter unto Whitsontide.

ON Easter day, and so forth to Pentecost after, the seruing of the Table there shall be set Bread, Trenchers and spoones after the estimation of them that shall sit there, and thus you shall serue your Soueraigne: lay Trenchers, and if he be of a lower degree or estate, lay fiue Trenchers, and if he be of a lower degree foure Trenchers, and of a lower degree three Trenchers, then cut bread for your Soueraigne, after ye know his conditions, whether it be cut in the middest or pared, or else to be cut in small peces, also you must vnderstand how the meate shall be serued before your Soueraigne, and namely on Easter day, after the gouernance and seruice of that Countrey where ye were borne. First on that day ye shall serue a Calfe sodden, and sodden Egges with green sawce, and set them

before the most principall estate, and that Lord because of his high estate shall part them all about him, then serue pottage, as Worts, Rootes, or Brewets, with Beefe, Mutton, or Veale, and Capons, to be coloured with Saffron, and baked meates, and the second course. Iussell with Mamony, and roasted Endoured, and Pigeons, with Bakte meates, as, Tarts, Chewets, and Flaunes, and other, after the disposition of the Cookes, and at Supper time diuers sawces of Mutton or Veale in broth, after the ordinance of the Steward, and then Chickens with Bacon, Veale, roast Pigeons, or tamed, and Kid roast with the head, & the purtenance of Lambe, and Pigs féete with Vinegar and Parsley thereon, and Tansey fryed, and other bakte meates: yée shall vnderstand this manner of Seruice, dureth to Penticost, saue fish dayes.

Also take héed how yée shall array these things before your Soueraigne. First ye shall sée there be Grèen sawce of sorrell or of Vines, that is: hold a sawce for the first course and yé shall beginne to raise the Capon.

A generall Table of direction for the order of Carving up of Fowle, to direct them which know not, and are willing to learne.

Lift that Swan.

THe maner of cutting vp a Swan, must be to sl her right down in the mi dle of the breast, & so clea thorow the back, from th neck to the rumpe, so pa her in two halfes, but you must do it clean ly and handsomely, that you break not no teare the meat, then lay two halfs in a fa Charger, with the slit sides downewar thorow salt about it, and set it againe on th Table. Let your sawce be chaldron fo Swan, and serue it in sawcers.

Rea

Reare the Goose.

YOu must breake a Goose vp contrary to this fashion. Take a Goose being roasted, and take off both the Legges faire like a shoulder of Lambe, take them quite from the body, then cut off the belly peece round, close to the lower end of the brest: then lace her downe with your knife cleane thorow the breast, on each side your Thumbs breadth from the bone in the middle of the breast. Then take off the Pinion of each side, and the flesh which you first laced with your knife, raise it vp cleane from the bone, and take it cleane from the carkasse with the Pinion. Then cut vp the bone which lyeth before in the breast, which you commonly call the Merry thought, the skin and the flesh being vpon it. Then cut from the breast bone another slice of flesh cleane thorow, and take it cleane from the bone: then turne your carkasse, and cut it asunder, the backe bone abone the loyne bones, then take the Rumpe end of the Back-bone, and lay it in a faire Dish, with the skinnie side vpward,

vpward, lay at the foze-end of it the Mer-
ry-thought, with the skinne-side vpward,
and before that the apron of the Goose:
then lay your Pinions on each side con-
trary, set your legges on each side contra-
ry behinde them, that the bone end of the
legges may stand vp crosse in the middle
of the Dish, and the Wing Pinions may
come on the outside of them. Put vnder
the Wing Pinions on each side the long
slices of flesh which you cut from the
breast-bone, and let the ends meet vnder
the legge-bones, and let the other ends lie
cut in the Dish betwixt the Leg and the
Pinion: then powze in your sawce into the
Dish vnder your meate, then throw on
Salt, and set it on the Table.

To cut up a Turkie or Bustard.

YOu must raise vp the Leg very faire
and open the joynt with the point of
your Knife, but take not off the Legge.
Then lace downe the breast with your
Knife on both sides, and open the breast
Pinion with the Knife, but take not the
Pinion off, then raise vp the Merry
thought betwixt the breast-bone and the
to

toppe of the Merry-thought, then lace downe the flesh on both sides of the breast-bone, then raise vp the flesh called the brawne, and turne it outward vpon both sides, but breake it not, nor cut it not off, then cut off the wing Pinion, at the joynt next to the body, and sticke on each side the Pinion, in the place where ye turned out the brawne, but cut off the sharpe end of the Pinion and take the middle peece, and that will fit just in the place.

You may cut vp a Capon or Pheasant the same way: but of your Capon cut not off the Pinion, but in the place where you put the Pinion of the Turky, you must put the Gizard of your Capon, on each side halfe.

Dismember that Herne.

YOu must take off both the legges, lace it downe to the breast with your Knife on both sides, and raise vp the flesh, and take it cleane off with the Pinion. Then you must sticke the head in the breast, and set the Pinion on the contrary side of the carkasse: and the legge on the other side of the carkasse, so that the bone ends may

meete

meete crosse ouer the carkasse, and the other wing crosse ouer vpon the top of the carkasse.

Vnbrace the Mallard.

RAise vp the Pinion and the Legge, but take them not off, and raise the Merrie-thought from the breast, and lace it downe on each side of the breast with your Knife, bending to and fro like waues.

Vnlace that Conny.

TVrne the backe downeward, and cut the belly flaps cleane off from the Kidney, but take heed you cut not the Kidney, nor the flesh. Then put in the point of your Knife betweene the Kidnies: and loosen the flesh from the bone on each side of the bone, then turne vp the backe of the Rabbet, and cut it crosse betweene the wings, then lace it downe close by the bone, with your Knife on both sides, then open the flesh of the Rabbet, from the bone with the point of your Knife against the Kidnie: and pull the Legge open softly with your hand, but plucke it not off,

then

then thrust in your Knife betwixt the ribs and the Kidney, and slit it out, then lay the legges close together.

Of the Carving of all manner of Fowles.

Sawce that Capon.

TAke vp a Capon, and lift vp the right legge and right wing, and so array forth, and lay him in the platter as he should flie, and serue your Soueraigne, and know well that Capons, or Chickens be arraied after one sawce, the Chickens shall be sawced with grene sawce or Verjuyce.

Allay that Fesant.

Take a Fesant, raise his legges and his wings, as it were a Hen, and no sawce but onely Salt.

Wing that Partrich.

Take a Partrich, and raise his legs and his wings as a Henne, if yee mince him, sawce him with Wine, Powder of Gin-

ger, and ſalt, then ſet him vpon a Chafin-diſh of coales to warme, and ſerue it.

Wing that Quaile.

Take a Quaile and raiſe his legges and his wings as a Hen, and no ſawce but Salt.

Diſplay that Crane.

Take a Crane and vnfould his legges, and cut off his wings by the ioynts, then take vp his wings and his legges, and ſawce them with powder of Ginger, Muſtard, Vinegar and Salt.

Diſmember that Heron.

Take a Heron and raiſe his legges and his wings as a crane, and ſawce him with Vinegar, Muſtard, Powder of Ginger and Salt.

Vnioynt that Bitturne.

Take a Bitturne and raiſe his legges and his wings as a Heron, and no ſawce but Salt.

Breake that Egript.

Take an Egript and raiſe his legges and his wings as a Heron, and no ſawce but Salt.

Vntach that Curlew.

Take a Curlew and raiſe his legges

and

nd his wings as a Henne, and no sawce
ut Salt.

Vntach that Brew.

Take a Brew and raiſe his legges and
is wings in the ſame manner, and no
awce but onely Salt, and ſerue it to your
oueraigne.

Vnlace that Conny.

Take a Conny and lay him on the back,
nd cut away the vents, then raiſe the
ings and the ſides, and lay bulke, chine,
nd ſides together: Sawce, Vinegar and
owder of Ginger.

Breake that Sarcell.

Take a Sarcell or Teale, and raiſe his
ings and his legges, and no ſawce but
nely Salt.

Mince that Plover.

Take a Plouer and raiſe his legges and
ings as a Hen, and no ſawce but onely
alt.

A Snite.

Take a Snite and raiſe his wings, his
gs and his ſhoulders, as a Plouer, and
o ſawce but Salt.

Thie that Woodcock.

Take a Woodcock and raiſe his legges
s a Hen, this done dight him the braine.

From the Feaſt of Whitſontide unto Midſummer.

IN the ſecond Courſe for the meates b
foreſayd yée ſhall take for your ſawce
Ale, Wine, Vinegar, and powders aft
meate, but Ginger and canell from Pent
coſt to the Feaſt of S. John Baptiſt.

The firſt courſe ſhall be Béefe and Mu
ton with ſodden Capons, or roaſted, and
Capon be ſodden, array him in the manne
aforeſaid, & when he is roaſted, thou mu
caſt on Salt, with Wine or with Ale, the
take the Capon by the legges, and caſt o
the ſawce, and breake him out, and lay hi
in a Diſh as he ſhould lie, firſt yée ſha
cut the right legge and the right ſhoulder
and betwéene the foure members lay th
brawne of the Capon, with the croupe
the end betwéene the legs, as it were po
ſible for to be joyned together, and othe
bakte meates after. And in the ſecon
courſe, pottage ſhall be Juſſell Charlet o
Mertrus, with yong Géese, Veale, Porke
Pigeons, or Chickens roaſted with Pam
puffe, Fritters, and other bakte meate
after the ordinance of the Cooke. Alſ
th

the Gwse ought to be cut member to member, beginning at the right legge, and so forth vnder the right wing, and not vpon the joynt aboue, and it ought to be eaten with grene Garlike, or with Sorrell, or tender Vines or Verjuyce in Summer season after the pleasure of your Soueraigne: also yee shall vnderstand that all manner of Fowles that haue whole feet, should be raised vnder the wing and not aboue.

From the Feast of Saint Iohn the Baptist vnto Michaelmas.

IN the first course: Pottage, Worts, Gruell and Furmenty, with Venison and Mortrus, and pestles of Porke, with grene sawce, roasted Capon, swan with Chawdron. In the second course, pottage after the ordinance of the Cookes, with rosted Mutton, Veale, Pork, Chickens or endoured Pigeons, Herneselwes, Fritters or bakte meates, and take heed of the Fesant, he shall be arayed in the manner of a Capon, but it shall be done drye without any moysture, and he shall be eaten with salt, and powder of Ginger, and the

Herneſew ſhall be arrayed in the ſame manner without any moyſture, and hée ſhould be eaten with Salt, and Powder, alſo yee ſhall vnderſtand that all manner of Fowles hauing open clawes, as a Capon, ſhall be tyzed and arrayed, as a Capon and ſuch other.

From the Feaſt of Saint Michael vnto the Feaſt of Chriſtmas.

IN the firſt courſe pottage, Béefe, Mutton, Bacon, peſtles of Poꝛke, oꝛ with Gooſe, Capon, Mallard, Swan oꝛ Feſant, as it is beforе ſaid, with Tarts oꝛ Bakemeates, oꝛ Chines of Poꝛke. In the ſecond courſe, Pottage, Moꝛtrus oꝛ Conies oꝛ Sew: then roaſt fleſh, Mutton, Poꝛke, Veale, Pullets, Chickens, Pigeons, Teales, Wigions, Mallards, Partrich, Woodcocke, Plouer, Bitturne, Curlew, Herneſew, Veniſon roaſt, great Birds, Snite, Feldfares, Thꝛuſhes, Fritters, Chewits, Béefe with ſawce, Geloper, roaſt, with ſawce pogill, and other baked meates as is afoꝛeſaid, and if yée carue beforе your Loꝛd oꝛ your Lady any ſodden fleſh, Carue away the skinne aboue, then Carue reaſonably of the fleſh foꝛ your

Loꝛd

Lord and Lady, and spectally for Ladies, for they will soone be angry, for their thoughts be soone changed, & some Lords will be soone pleased, and some not, as they bée of complexion. The Goose and Swan may be cut as yée doe other Fowles that haue whole féete, or else as your Lord or your Lady will haue it.

Also a Swan with a Chadron, Capon, or Fesant, ought to be arrayed, as it is afore-said, but the skin must be had away, and when they haue béene carued before your Lord or your Lady, for generally the skin of all manner whole footed Fowles, that haue their liuing on the water, their skins be wholesome and cleane, for by cleannesse of water and fish is their liuing, and if they eate any stinking thing, it is made so clean with the water that all the corruption is cleane gone away from it.

And the skinne of a Capon, Henne, or Chicken be not so cleane, for they eate foule things in the stréete, and therefore the skinnes be not so wholesome, for it is not their kinde to enter into the River to make their meate voyd of the filth. Mallard, Goose, or Swan, they eate vpon the land foule meate, but anon after the

kinde they goe to the Riuer, and there they clense them of their foule stinke. A Fesant as it is afore said, but the skin is not wholsome, then take the heads of all field birds, & wood birds, as Fesant, Peacock, Partrich, Woodcock, Curlew, for they eate in their degree foule things, as wormes, toades, and other such.

The second Part of the Sewing of Fish.

The first course.

TO goe to the Sewing of fish muscalade, Venewes in Sew, of Porpos or of Salmon, bakte Herring with Sugar. Greene fish, Pike, Lamprey, Salens, Porpos roasted, bakte Gurnard, and Lamprey bakte.

The second course.

Gelly white and red, Dates, in Confect, Conger, Salmon, Dorey, Brit, Turbut, Halibut for standard, Base, Trout, Mullet,

Mullet, Cheuin, Sole, Eeles and Lampzey roast, Tench in Gelly.

The third course.

Fresh Sturgion, Breame, Pearch in Gelly, a Joule of Salmon, Sturgion, Welkes, Apples, and Peares, roasted with Sugar Candy. Figs of Malike and Raisins, Dates capt with minced Ginger, Wafers and Ipocras they be agreeable, this Feast being done, boyd ye the Table.

Of the Carving of Fish.

THe Carver of Fish, must see to peason and furmenty, the tayle and the liver, ye must looke if there be a Salt Porpos or Sele, Tarrentine, & doe after the forme of Venison, baked Herring, and lay it whole vpon your Soueraignes Trencher, white Herring in a Dish, open it by the backe, picke out the bones and the row, and see there be Mustard. Of salt-fish, greene-fish, salt Salmon, and Conger, pare away the skinne: Salt-fish, Stockfish, Barling, Mackrell, and Hake with Batter, take away the bones and the skinnes: a Pike, lay the wombe vpon his Trencher, with Pike sawce enough, a salt Lampzey,

gobon

gobon it in seuen or eight peeces, and lay it to your Soueraigne: a playce, put out the Water, then crosse him with your Knife, cast on Salt, Wine, or Ale. Gurnard, Rochet, Breame, Cheuin, Base, Melet, Roch, Pearch, Sole, Mackrell, Whiting, Haddocke, and Codling, raise them by the backe, and picke out the bones and clense the refet in the belly: Carpe, Bream, Sole and Trout, back and belly together: Salmon, Conger, Sturgion, Turbuthirbot, Thornback, Hound-fish, and Halibut, cut them in the Dishes, the Porpos about, Tench, in his sawce, cut two Eeles and Lampraies roast, pull off the skin, pick out the bones, put thereto Vinegar and powder: a Crab, breake him asunder in a dish, and make the shell cleane, and put in the stuffe againe, temper it with Vinegar, and powder them, couer it with bread, and send it into the Kitchen to heat, then set it to your Soueraigne, and lay them in a Dish: a Creuis. dight him thus, part him a sunder, and slit the belly, and take out the fish, pare away the red skin and mince it thin, put Vinegar in the Dish, and set it on the Table without heating: a Joule of sturgion, cut it in thinne mosels: and lay

it

it round about the Dish.

Fresh Lamprey bake, open the paste, then take white bread, and cut it thinne, and lay it in a Dish, and with a spoone take out Galentine, and lay it upon the bread with Red Wine and powder of Sinamon, then cut a Gobon of the Lamprey, and mince the Gobon thinne, and lay it in the Galentine, then set it upon the fire to heate. Fresh-herring with salt and wine, Shrimpes well picked, Flounder, Gudgines, Menewes, and Mussels, Eeles, and Lampreyes: Sprats is good in sew, Muslade in wooxts, Dysters in sew, Dysters in grauy, Menewes in porpas, Salmon in fæle Gelly white and red, Creame of Almonds, Dates in Confects, peares and Quinces in sirrup, with parsley rootes, Portus of Houndfish raise standing.

Of the sawces of all Fish.

MUstard is good for salt Herring, salt fish, salt Conger, salmon, sparling, salt Eele, and Ling: Vinegar is good with salt porpos, Torrentine, Salt Sturgion, salt Thrilpole, and salt whale, Lamprey with Galentine, Verjuyce: to Roach, Dace

Breme,

Breme, Molet, Dace, Flounders, Sal
Crab and Cheuine with Powder of Sina
mon: to Thornbacke, Herring, Houndfi
Haddock, Whiting, and Cod, Vinegar
Powder of Sinamon and Ginger, græn
ſawce is good with Græne-fiſh and Hali
but, Cottell and freſh Turbut: put no
your greene ſawce away, for it is goo
with Muſtard.

The Chamberlaines Office.

The Chamberlaine muſt be diligent
cleanely in his office, with his hea
combed, and ſee to his Soueraigne, that h
be not negligent of himſelfe, and ſee tha
he haue a cleane ſhirt, breech, petticote an
doublet, then bruſh his hoſen within an
without, and ſee his ſhoone and hi
ſlippers be cleane, and at morne when you
Soueraigne will ariſe, warme his ſhirt by
the fire, and ſee ye haue a foot ſheet mad
in this manner. Firſt ſet a chaire by th
fire with a cuſhion, another vnder his feet
then ſpred a ſhirt vnder a chaire, & ſee ther
be ready a Kerchife, and a Combe, the
warme his petticoat, his Doublet an
his ſtomacher, and then put on his doub
let and his ſtomacher, and then put on
his

s hosen and shoone, or slippers, then
rike vp his hosen mannerly, and tie them
, then button his Doublet hole by hole, &
y a cloath vpon his necke and head, then
ke ye haue a Bason and Ewer with
arm water, & a towel to wash his hands,
n knéele vpon your knée, aske your
ouereigne what robe he will weare, and
ing him such as he commandeth, and put
vpon him, and take your leaue manner-
, and goe to the Church or Chappell to
ur Soueraignes closet, and sée there
Carpets and Cushions, and lay downe
s Bookes of Prayers, then draw the
rtaines, and take your leaue goodly,
d goe to your Soueraignes Chamber,
d cast all the cloathes off the bed, and
ate the Feather-bed, and the Bolster,
t looke ye waste no Feathers, then
blankets, and sée the shéetes be faire
d sweéte, or else looke yée haue cleane
éetes, then lay the head shéetes and the
llowes, then take vp the Towell and
Bason, and lay Carpets about the bed
in Windowes and Cupboord layde
ith cushions: also looke there be a good
e burning bright, and sée if the house
easement be swéet and cleane, and

the

the priuy boord couered with gréene clo
and a cushion, then sée there be blank
doune, or Cotton for your Soueraign
and looke yée haue a Bason and Ew
with water, and Towell for your Sou
raigne, then take off his gowne, and brin
him a mantle to kéepe him from cold, the
bring him to the fire and take off his shoo
and his Hosen, then take a faire Kirchief
of reines, and combe his head, and put o
his Kerchiefe and his Bonet: then sprea
downe his bed, lay the head shéete an
the Pillowes, and when your Soueraign
is in bed, draw the Curtaines, and s
there be Morter or waxe of perchours rea
dy, then driue out dogge or Cat, and look
there be Basons and Urinall set néere you
Soueraigne, then take your leaue maner
ly, that your Soueraigne may take hi
rest merrily.

Of the knowledge which is required o the Marshall and the Vsher.

THe Marshall and the Vsher mus
know all the Estates of the Land
and the high Estates of a King with th
blood Royall.

Th

The Eſtate of a King.
The Eſtate of a Kings ſonne, a Prince.
The Eſtate of a Duke.
The Eſtate of a Marqueſſe.
The Eſtate of an Earle.
The Eſtate of a Biſhop.
The Eſtate of a Vicount.
The Eſtate of a Baron.
The Eſtate of the three chéefe Judges and the Maior of London.
The Eſtate of a Knight Bacheler.
The Eſtate of a Knight, Deane, Archdeacon.
The Eſtate of the Maſter of the Rolles:
The Eſtate of other Juſtices, and Barons of Checker.
The Eſtate of the Maior of Calice.
The Eſtate of a Doctor of Diuinity.
The Eſtate of a Doctor of both the Lawes.
The Eſtate of him that hath béene Maior of London, and Sergeant of the Law.
The Eſtate of a Maſter of the Chancery, and other Worſhipfull Preachers and Clarkes that be graduable, and all other orders of chaſte perſons and Prieſts, worſhipfull Merchants, and Gentlemen, all theſe may ſit at the Squires table.

A Duke may not kéepe the hall but each Estate by themselues in Chamber or in Pauilion, that neither sée other: Marques, Earles, Bishops and Vicounts, all these may sit at a messe: a Baron and the Maior of London, and three chiefe Iudges, and the Speaker of the Parliaments, all these may sit two or three at a messe: and all other states may sit three or foure at a messe: also the Marshall must vnderstand and know the blood Royall, for some Lord is of the blood Royall, and of small liuelihood, and some Knight is wedded vnto a Lady of Royall blood, she shall kéepe the Estate of her Lords blood, and therefore the Royall blood shall haue the Reuerence, as I haue shewed you before: also a Marshall must take héed of the birth, and nert of the line of the blood Royall: Also he must take heed of the Kings Officers, of the Chancellor, Steward, Chamberlaine, Treasurer, and Comptroller.

Also, the Marshall must take héed vnto strangers, and put them to worship and reuerence, for if they haue good chéere it is your Soueraignes honour. Also a Marshall must take héed, if the King send

your

your Soueraigne any message, and if hee send a Knight, receiue him as a Baron, and if he send a Yeoman, receiue him as a Squire, and if he send a Groome, receiue him as a Yeoman. Also it is no rebuke to a Knight, to set a groome of the Kings at his Table.

A true and approved Receit, for the right making of the best Ipocras.

TAke of Grains halfe a dragme, take of Sinamon 4. ounces, of Ginger, two ounces, of Nutmegges halfe an ounce, of Cloues and Mace of either a quarter of an ounce, bruise these well in a Mortar, and infuse them in a gallon of white-wine 4. or 5. dayes, the vessell being close stopt, then put to it a pound of sugar, and a halfe, when the sugar is dissolued, put to it halfe a pinte of Rose-water, and as much milke: let it stand a night, and then let it run through an Ipocras Bagge, then may you put it into a fine new Kundlet if you purpose to keepe it, or if you spend it presently, you may put it into certaine pots for the present.

An excellent and much approved receit, for a long Conſumption.

TAke 8. 10. or 11. white Snayles, and breake away their ſhells from them, then put them into a bowle of water for twelue houres, to cleanſe themſelues from their ſlime, then take them from that water, and put them into an other bowle of running water for twelue howers more, then take them out, and put them into halfe a pinte of White Wine, and keepe them in it twelue houres, then take a quart of Red Cowes Milke, and put the Snayles out of the Wine into the Milke, and boyle the quart of Milke with the Snayles put into it, vntill it be boyld to a pinte, then put into it one ounce of Candied Sugar, and ſo giue the ſicke party the ſame to drinke euery morning, and at foure of the clocke in the afternoone, but you muſt not let the ſicke party eate or drinke any thing elſe for the ſpace of two houres after they haue taken this Receit, and without all doubt, this being duely made and taken accordingly, will with Gods helpe recouer the party being very weake and farre

farre ſpent in this long lingering ſickneſſe, and of my knowledge hath béene often approued, and is found an excellent Receit to cure the ſame diſeaſe.

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To boyle a Gurnet on the French faſhion. 14
To boyle a legge of Mutton on the French faſhion. 15
To haſh a legge of Mutton on the French faſhion. 15
To roaſt a legge of Mutton on the French faſhion. 16
To roaſt a Neates-tongue on the French faſhion. 16

To boyle Pigeons with Rice, on the french fashion. 17
To boyle a Rabbet with Hearbes on the French fashion. 17
To boyle Chickens in whitebroth. 18
To boyl a Teale, or widgeon, on the french fashion. 19
To smoore an old Coney, Duck, or Mallard on the French fashion. 19
Another way to boyle Chickens, or Pigeons with Gooseberries or Grapes. 20
To boyle a chine of Mutton or Veale, in sharp broth on the french fashion. 21
To boyle Larkes or Sparrowes. 21

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A made dish of Sweet breads. 22
A made dish of Sheeps tongues. 23
A Florentine of a Coney, the wing of a Capon, or a Kidney of Veale. 23
A Frydayes Pye, without either flesh or fish. 24
A Chewet of Stockfish. 24
A Quarter tart of pippins. 25
A Gooseberry tart. 26

A Cherry-tart. 26
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A made diſh of Muſcles and Cockles. 27
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A delicate Chewet. 28
To make an Vmble-pye, or for want of Vmbles, to doe it with a Lambes head and Purtenance. 28
To bake a Calves Chaldron. 29
To bake a Carpe. 29
To bake a Tench with a pudding in her belly. 30
To bake Eeles. 31
To bake Chickens with Grapes. 31
To bake a ſteak pye with a french pudding in the pye. 31
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To make a Pippin pye. 33
To bake a Pigge. 33
To bake Fallow Deere in the beſt manner. 33
To bake red Deere. 34
To bake a wilde boare. 34
To bake a Swanne. 35
To bake a Turkey or Capon. 35
To bake a Hare on the French faſhion. 35
To bake a wilde Gooſe, or Mallard. 36

To

To bake a Curlew or Herneſhaw. 36
To bake Woodcocks or Blackbirds. 37
To bake Larks or Sparrowes. 37
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To make Pancakes ſo criſpe that you may ſet them upright. 38
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To keepe greene Cucumbers all the yeare. 38
To keepe Broome Capers. 38
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To make Caper-rowles of Raddiſh Cods. 39
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A Sallet of Mallowes. 40
A Sallet of Burdock-roots. 41
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A Cambridge Pudding. 44

A Swan or Gooſe pudding. 45
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To farce a Legge of Lambe on the French faſhion. 56
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